



TOBACCO AWARENESS

Your child's school is dedicated to the health and well being of our students and staff and therefore, smoking is not allowed on campus. Besides causing shortness of breath and dizziness, it is the leading cause of cancer of the mouth, tooth loss and other health problems. If you or anyone you know is using tobacco products and is experiencing any of the following symptoms:

- ✓ wheezing
- ✓ coughing
- ✓ bad breath
- ✓ bleeding gums
- ✓ frequent mouth sores

You should see a health care provider immediately! If you cannot afford to see a doctor you can contact:

Siskiyou County Public Health Dept (CHDP)
806 S Main St.
Yreka
841-2100

They offer services and can connect you to services in the Siskiyou County area. Information that you provide to them is always confidential.

If you are in need of **health insurance** please contact:

Medi-Cal/Healthy Families
1-800-880-5305

"Healthy Children are better learners"

