

50 Things You Should Know About Secondhand Smoke



Protect yourself from secondhand smoke.

Secondhand smoke is a serious health risk. It can cause disease and premature death. Look inside for more facts about secondhand smoke and for tips to protect yourself and your loved ones. For more information visit www.cdc.gov/tobacco on the Internet.

38. Direct smokers to an open area outside your home.

39. Offer gum or mints as alternatives to smoking.

40. Hang "Thank You for Not Smoking" signs in your home, car or office.

41. **Even if you smoke, you can protect those around you from secondhand smoke.**

42. Even your pets will be healthier. Dogs and cats can get cancer too!

THANKS FOR
NOT SMOKING



43. Smoke only in special areas where it is permitted.

44. Opening a window is not enough. It takes a long time for smoke to clear from a room.

45. **Smokers should not smoke around children.**

46. Smokers should not smoke in cars with passengers.

47. Smokers and nonsmokers benefit from a smoke-free environment.

48. The less tobacco smoke you inhale the better.

49. Secondhand smoke affects everyone – whether they smoke or not.

50. **Working together we can reduce everybody's risk from secondhand smoke.**



This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

Written by Laurie Slothower.
Designed by Eva Bernstein. Illustrated by Meg Biddle.
Special thanks to all of our reviewers.

2011 Revised and updated.
©2000 Journeyworks Publishing. All rights reserved.
Please do not duplicate. Printed on recycled paper.
English Title #5220 (Rev. 1/11) ISBN 978-1-56885-220-1
Spanish Title #5229 ISBN 978-1-56885-229-4

For ordering information contact:

JOURNEYWORKS PUBLISHING
P.O. Box 8466 • Santa Cruz • CA 95061
800 • 775 • 1998 www.journeyworks.com