

Secondhand Smoke is unhealthy...

Secondhand smoke is a dangerous combination of the smoke from the burning end of a cigarette, pipe or cigar, and the smoke exhaled by a smoker. This mixture contains more than 4,000 substances, including 40 that are known to cause cancer. Each year, an estimated 3,000 American nonsmokers die from lung cancer caused by secondhand smoke.

Secondhand smoke causes irritation of the eyes, nose and throat. It also irritates the lungs, causing coughing and excess phlegm.

For pregnant women...

A pregnant woman who is exposed to secondhand smoke has a greater chance of having a more difficult delivery; having a smaller than average baby; and, having a sick baby.

And, particularly, for children...

While secondhand smoke is dangerous for nonsmoking, healthy adults, it is even more so for babies and children whose lungs are still developing. Infants and young children of parents who smoke are more likely to have lower respiratory tract infections, such as pneumonia and bronchitis. They are more likely to suffer from middle ear infections, sore throats and colds. And, secondhand smoke can cause youngsters with asthma or allergies to have longer and more severe attacks. Babies whose mothers smoked during pregnancy as well as babies exposed to secondhand smoke during their first year have an increased risk for Sudden Infant Death Syndrome (SIDS).

IF YOU DON'T SMOKE...

No one, adult or child, should have to breathe someone else's smoke:

- ✓ Don't allow smoking in your home or car, particularly if pregnant women, infants, young children or people with health and breathing problems are present. This includes family members, visitors, babysitters and others who work in your home.
- ✓ Ensure that children learn and play in smoke-free environments. The New York State Clean Indoor Air Act bans all tobacco, including cigarettes, pipes, cigars, snuff and chewing tobacco, on the grounds of all public and private pre-schools, nursery schools, elementary schools and secondary schools during school hours and school activities. Work with the providers, parent/teacher associations, school boards and administrators to support this law.
- ✓ Promote smoke-free work environments. The New York State Clean Indoor Air Act limits smoking at worksites, and requires employers to have written policies that guarantee nonsmokers a smoke-free work area. Find out about your employer's policy, and work with management and labor to make sure that it's enforced. Help promote smoking cessation programs for your fellow workers who still smoke.
- ✓ Ask to be seated in nonsmoking areas of restaurants, and support restaurants that offer totally smoke-free dining. The New York State Clean Indoor Air Act limits smoking in restaurants having 50 or more seats, but more restaurants are going smoke-free rather than simply separating the smokers and nonsmokers in the same room. Check with your local tobacco coalition for names of smoke-free restaurants.

IF YOU SMOKE



IF YOU SMOKE...

- ✓ First, try to quit. If you must smoke, there are things you can do to protect the people around you:
- ✓ Don't smoke around pregnant women, infants and young children or people with breathing problems.
- ✓ Keep your home smoke-free. Go outside to smoke. If you must smoke indoors, limit smoking to a single room with an open window.
- ✓ Don't smoke in a car if there are others with you.

...THINK ABOUT QUITTING

Finally, give serious thought to quitting. You'll feel better, and so will your family, friends and co-workers, and a lot of people you don't even know who are breathing your secondhand smoke. For help in stopping, call New York State Smokers Quitline at

1-888-609-6292.

It's a confidential service to help you become smoke-free.

Secondhand Smoke



*It takes
your breath away.*

State of New York
George E. Pataki, Governor

Department of Health
Antonia C. Novello, M.D., M.P.H., Dr.P.H., Commissioner