

What Can You Do?

You can protect yourself and your loved ones from secondhand smoke. **MAKE YOUR HOME AND CAR SMOKE-FREE**

- ⇒ Choose not to smoke in your home or car. Ask others not to smoke in your home or car—you have the right to protect yourself.
- ⇒ Chose never to smoke around young children.
- ⇒ Ask others not to smoke in your home or car—you have the right to protect yourself.
- ⇒ Ask baby-sitters or others who may care for your children not to smoke around them.
- ⇒ Use No-Smoking signs, buttons, and stickers at home, at work and in your car.
- ⇒ If you live with smokers, set up a comfortable place outside where they can smoke, away from the door and windows.
- ⇒ If you live in an apartment, ask your landlord about smoking policies.



Take the Smoke-free Home and Car Pledge
www.epa.gov/iag/ets

For more information on the Oregon Smokefree Workplace law call **1-866-621-6107**

For more information on secondhand smoke and for help quitting tobacco, call the **Oregon Tobacco Quit Line**
Toll Free:
1-877-270-7867 (STOP)
Toll Free Spanish:
1-877-266-3863 (NO FUME)

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Yamhill County Public Health

Secondhand Smoke: Know the Facts!

What you don't know can hurt you and someone you love.



Make your home and car smoke-free!

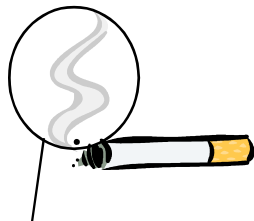
What is Secondhand Smoke?

Secondhand smoke is a mixture of the smoke exhaled by a smoker and the smoke that comes from the burning end of a cigarette, cigar, or pipe.

Tobacco smoke contains more than 4,000 substances. At least 50 are known to cause cancer in humans or animals, and many are strong irritants.

The following are only a few of them:

- ▶ **Carbon Monoxide**
- ▶ **Arsenic**
- ▶ **Tar**
- ▶ **Formaldehyde**
- ▶ **Acetone**
- ▶ **Cyanide**
- ▶ **Nicotine**
- ▶ **Ammonia**



Smoke from the burning end of a cigarette has more toxins than smoke inhaled by the smoker.

It's not enough to move to another room, open a window, turn on a fan, or use air fresheners. Any exposure to secondhand smoke is dangerous!

Health Hazards of Exposure

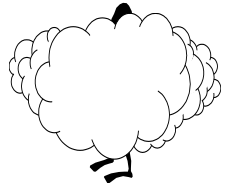
- ▶ A person breathing secondhand smoke is exposed to the same tar, nicotine, and cancer-causing chemicals as the person smoking. It is estimated that about **3,000 non-smokers die each year** from lung cancer caused by secondhand smoke.
- ▶ People who breathe secondhand smoke have more **asthma attacks, allergies, colds and ear infections**. Secondhand smoke also causes 300,000 cases of bronchitis and pneumonia in young children every year.
- ▶ Secondhand smoke can make **asthma** and other **breathing problems** worse.
- ▶ A woman who smokes or breathes secondhand smoke during pregnancy has a higher risk of **miscarriage**. The baby could also be born too soon or weigh too little.
- ▶ Breathing secondhand smoke on a daily basis doubles the risk of having a **heart attack**. Each year 36,000 people die from **heart disease** caused by secondhand smoke.
- ▶ Dogs and cats exposed to secondhand smoke are more likely to develop cancers, including lung cancer.



Where is it a Problem?

There are three places where you should be especially concerned about exposure to secondhand smoke:

Your workplace: Secondhand smoke is classified as a potential cancer-causing agent by the Occupational Safety and Health Administration (OSHA), the federal agency responsible for health and safety regulations in the workplace. Although Oregon's Smoke-free workplace law is protecting over 95% of workers, many are still breathing smoke.



Public Places: Everyone is vulnerable to secondhand smoke exposure in public places, such as parks, restaurants, and shopping centers. Public places where children go are of special concern. No ventilation system can eliminate enough of the tobacco smoke's harmful chemicals.



Your home: Making your home smoke-free is one of the most important things you can do. We spend more time at home than anywhere else. A smoke-free home protects your family, your guests, and even your pets.

Being in a smoker's home (someone who smokes approximately 1 pack a day) for 24 hours, is like smoking 3 cigarettes.