Don’t Let Your Smoke Hurt Others…

Secondhand smoke causes harm to those close to you. Think twice before lighting up around your loved ones and in public.

Secondhand smoke is a combination of smoke in the air burned from the end of a lit cigarette and smoke breathed out by smokers. It is dangerous to both smokers and non-smokers.

Secondhand smoke from your cigarette causes:

- Increased colds and respiratory problems for adults and children.
- Long-term harm, including heart disease and lung cancer.
- Asthma attacks, bad enough to send adults and children to the hospital.
- Sudden Infant Death Syndrome (SIDS) in infants.
- Premature births, low birthweight infants and miscarriages.
- Inner ear infections and breathing problems in children and infants.
- Heart attacks and stroke in those at risk.

There are 7,000 chemicals in cigarette smoke. Hundreds are poisonous and 70 cause cancer… even in non-smokers!

E-cigarettes release unsafe chemicals and are especially harmful to young people and unborn children.
Keep the Ones You Care About Healthy

- Limit smoking to outside only. Even smoking in another room exposes non-smokers to the harmful effects of secondhand smoke. In fact, cigarette smoke combines with chemicals in carpeting and furniture to form new cancer causing substances.

- Don’t smoke near a doorway, open window or air vent. Smoke can still enter your home and harm the health of others. There is no safe amount of secondhand smoke.

- Never smoke near a child. Children exposed to secondhand smoke get sick more often, develop weaker lungs, and have more asthma attacks than children not exposed to secondhand smoke.

- Be a role model. Children copy adults and are more likely to become smokers if they see you smoke.

- Set a quit date! You can do it! We can help.

QuitlineNC can help you quit. Call 1-800-784-8669 or visit www.quitlinenc.com TODAY! It’s FREE!