

Secondhand Smoke

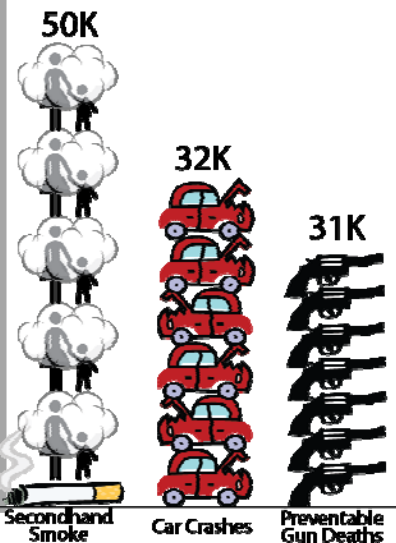
Facts.Tools.Tips.

A Pathway to a Healthier Jefferson County

Fact: There is no safe level of exposure to secondhand smoke. For anyone. Anywhere.¹

- Breathing secondhand smoke for even a short time can have immediate health effects that increase the risk of serious health conditions including heart attack.²
- Secondhand smoke seeps through vents, walls and electrical outlets and can spread to other rooms or attached homes.³
- Opening windows or vents in homes and cars does not protect others from the dangers of secondhand smoke.³
- Secondhand smoke causes the deaths of more than 50,000 people, including children, each year in the United States.⁴
- **You can take steps NOW to protect yourself and your family from secondhand smoke.**

PREVENTABLE DEATHS



Tools and Tips to Reduce Risk:

- Make your car and your home 100% smoke-free.
- Learn about secondhand smoke and how to protect yourself, kids and others at RaiseSmokeFreeKids.com and EPA.gov/Smokefree.
- For telephone support, coaching and resources to help you or a loved one become tobacco-free, call the Colorado Quitline at 1-800-QUIT-NOW.

Find a path. Help yourself and others navigate a tobacco-free world.

For more information, visit

www.tobaccofreejeffco.com or call 303-275-7555

References

1. 2010 US Surgeon General Report on Tobacco: <http://www.surgeongeneral.gov/library/reports/tobaccosmoke/executivesummary.pdf>
2. CDC, Health Affects of Secondhand Smoke: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm
3. CDC Secondhand Smoke Fact Sheet, Ventilation: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/protection/ventilation/index.htm
4. CDC, Health Affects of Secondhand Smoke: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm