

A young boy with short dark hair, wearing a blue button-down shirt, is smiling broadly and giving two thumbs up. He is positioned on the left side of the frame. To his right is a large green speech bubble containing the text 'I AM A SMOKE-FREE ZONE .ORG'.

**I AM A  
SMOKE-  
FREE  
ZONE**  
.ORG

**Where you smoke matters.**

# Four Myths on Secondhand Smoke

Use this card as a sign to remind yourself and others to keep your home and vehicle 100% smoke-free and never smoke around children, even outdoors.

**The Distance Myth** How far away is far enough?

**The Truth** There is no safe level of exposure to secondhand smoke, even outdoors.

**The Ventilation Myth** What if the person who's smoking opens a window? What if they use a fan to clear the air?

**The Truth** Ventilation does not protect children from secondhand smoke.

**The Odor Myth** If you can't smell secondhand smoke in the air, then it's gone, right?

**The Truth** Even when you can't smell secondhand smoke, you may still be breathing it.

**The Quit Myth** If smoking in another room, opening a window and spraying air freshener doesn't make the air safe from secondhand smoke, what will?

**The Truth** While a person who smokes doesn't have to quit smoking immediately to protect their children, it is important to never smoke around children, even in outdoor areas.



For more information on how to prevent secondhand smoke exposure visit [www.IAmASmokeFreeZone.org](http://www.IAmASmokeFreeZone.org). For local resources and information visit [www.TobaccoFreeJeffco.com](http://www.TobaccoFreeJeffco.com) or contact the Jefferson County Tobacco Prevention Initiative at 303-275-7555.