

**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. For local resources and information visit www.TobaccoFreeJeffco.com or contact the Jefferson County Tobacco Prevention Initiative at 303-275-7555.