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 Smoke can't harm my kids if they are in another room or far enough away, right?
The Truth There is no safe distance between secondhand smoke and your kids. Always step outside the home or car and away from your kids and others.

The Ventilation Myth Opening a window or turning on a fan will clear the air of smoke, right?
The Truth Even the most expensive ventilation system cannot completely remove the poisonous chemicals from secondhand smoke in the air.

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 in the toxic chemicals.

The Quit Myth If smoking in another room, opening a window and spraying air freshener doesn't make the air safe from secondhand smoke, is quitting my only option?
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.

Jefferson County Public Health

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.