

# How to Protect Yourself and Your Loved Ones from Secondhand Smoke



# What is Secondhand Smoke?

- Secondhand smoke is the combination of smoke from the burning end of a cigarette, cigar or pipe, and the smoke exhaled by smokers.
- There is no safe amount of secondhand smoke. Secondhand smoke contains more than 4,000 toxic chemicals, including benzene (gas), arsenic (rat poison) and carbon monoxide (fumes from cars).
- About 38,000 nonsmokers in the United States die each year from secondhand smoke. Kids are especially vulnerable to the poisons in secondhand smoke, and they are at increased risk for Sudden Infant Death Syndrome, serious respiratory infections, ear problems and asthma.



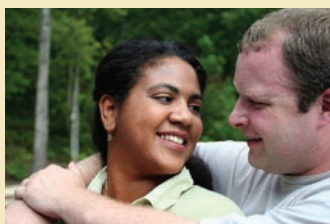
## WHAT CAN YOU DO?

### Avoid secondhand smoke.

This can be very hard when you find yourself in situations where others are smoking. Confronting someone about smoking can be uncomfortable. Be calm and to the point when having these conversations. Remember, you are trying to protect yourself and those close to you — not punish the smoker.

## 1 If the Smoker is a Friend or Family Member

Inform them of the harmful effects of secondhand smoke and explain why you want them to smoke away from you. For example, you might say, "I am concerned about how the smoke from your cigarette (pipe, cigar) is affecting my health, so would you please smoke outside?"





## 2 If the Smoker is a Stranger

Make sure you are aware of the surroundings before you approach a smoker who is a stranger. If you are uncomfortable asking the smoker to stop, simply move to another area. If you feel comfortable, then ask the person to put out the cigarette, cigar or pipe.



## 3 Other Things You Can Do

- Don't smoke in your house and don't permit others to do so.
- Place a "Thank you for not smoking" sign in your home, office and car.
- Remove ashtrays from your home and fill ashtrays in your car with sugar-free candies or change.
- Don't allow babysitters or others who work for you (including repair workers, installers, gardeners, etc.) to smoke in your house, car or on your property — especially near your children.
- Teach your children to stay away from secondhand smoke.



In Washington state, smoking is not allowed in public places and all workplaces, including bars, restaurants, bowling centers, skating rinks, non-tribal casinos, reception areas and 75 percent of hotel rooms.

## Did You Know?

To report a violation of the Smoking in Public Places Law, visit **[www.SmokeFreeWashington.com/Violation](http://www.SmokeFreeWashington.com/Violation)**.

To find more information about the ways you can protect yourself and your loved ones from the dangers of secondhand smoke, visit **[www.SmokeFreeWashington.com](http://www.SmokeFreeWashington.com)**.

### THINKING OF QUITTING SMOKING?

Call the free Tobacco Quit Line for help at **1-800-QUIT-NOW (1-877-2NO-FUME** in Spanish) or visit **[www.quitline.com](http://www.quitline.com)** for more information about the state's tobacco quitting services.