

TOBACCO IS THE ONLY CONSUMER PRODUCT
THAT, WHEN USED AS DIRECTED, CAUSES
DEATH.

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START IN YOUR OWN HOME. You and your children spend more time in your home than anywhere else. Tell your guests that you simply cannot allow smoking in your house. If family members smoke, encourage them to stop. If they must smoke, ask them to do it outside.

Remember, blowing smoke away from children, going into another room to smoke, or opening a window will not protect children from the dangers of secondhand smoke.

GIVE THIS GUIDE TO YOUR EMPLOYER. Secondhand smoke at work is also very dangerous. This guide gives you the facts you need to comfortably approach your employer about starting a non-smoking policy where you work. Tell the person in charge that secondhand smoke in the workplace has the same poisons as air around toxic waste dumps. And that non-smokers who breathe it at work are 34% more likely to get lung cancer than those in smoke-free offices.

LOBBY YOUR FAVORITE RESTAURANTS. Smoke filled rooms, such as restaurant dining rooms can have six times the air pollution of a busy highway. Having separate smoking and non-smoking sections does not eliminate the exposure to secondhand smoke. Write a letter or speak directly to the owners or managers of your favorite restaurants. Inform them of the facts about secondhand smoke. Explain to them that when the air in their restaurant is clean, their food will taste better and their customers, including you, will be happier.

USE THE LOCAL MEDIA. Write a letter to the editor of your local newspaper. Call in to radio talk shows. The more that people are aware of the dangers of secondhand smoke, the better the chances of successfully doing something about it.

IT'S TIME. Act now to protect yourself and your family from secondhand smoke. For additional copies of this guide please call 1-800-CDC-1311.

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