Don't Let Your Smoke Hurt Others…

Secondhand smoke causes harm to those close to you. Think twice before lighting up around your loved ones and in public.

Secondhand smoke is a combination of smoke in the air burned from the end of a lit cigarette and smoke breathed out by smokers. It is dangerous to both smokers and non-smokers.

Secondhand smoke from your cigarette causes:

- ☐ Increased colds and respiratory problems for adults and children.

- ☐ Long-term harm, including heart disease and lung cancer.

- ☐ Asthma attacks, bad enough to send adults and children to the hospital.

- ☐ Sudden Infant Death Syndrome (SIDS) in infants.

- ☐ Premature births, low birthweight infants and miscarriages.

- ☐ Inner ear infections and breathing problems in children and infants.

- ☐ Heart attacks and stroke in those at risk.

There are **7,000 chemicals in cigarette smoke**. Hundreds are poisonous and **70 cause cancer**… even in non-smokers!

E-cigarettes release unsafe **chemicals and are especially harmful** to young people and unborn children.

Keep the Ones You Care About Healthy

☐ Limit smoking to outside only. Even smoking in another room exposes non-smokers to the harmful effects of secondhand smoke. In fact, cigarette smoke combines with chemicals in carpeting and furniture to form new cancer causing substances.

☐ Don't smoke near a doorway, open window or air vent. Smoke can still enter your home and harm the health of others. There is no safe amount of secondhand smoke.

☐ Never smoke near a child. Children exposed to secondhand smoke get sick more often, develop weaker lungs, and have more asthma attacks than children not exposed to secondhand smoke.

☐ Be a role model. Children copy adults and are more likely to become smokers if they see you smoke.

☐ Set a quit date! You can do it! We can help.

QuitlineNC

1-800-QUIT-NOW
1 - 8 0 0 - 7 8 4 - 8 6 6 9

**QuitlineNC can help you quit.
Call 1-800-784-8669 or visit
www.quitlinenc.com TODAY!
It's FREE!**

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