

Making your home and car smoke-free are easy steps toward keeping your family healthy and safe!



Remember:
Your Family Deserves a Smoke-Free Home!

Sources:

1. Centers for Disease Control and Prevention, Office on Smoking and Health. *Health Dangers of Secondhand Smoke*. Retrieved from: http://www.cdc.gov/tobacco/basic_information/secondhand_smoke/.
2. Americans for Nonsmokers' Rights. *Thirdhand Smoke*. Retrieved from: <http://www.no-smoke.org/learnmore.php?id=671>.

Resources:

For more information on smoke-free housing and how to protect your family from secondhand & thirdhand smoke:

- Sault Tribe Members may call 906.632.5210
- All Michigan residents may visit www.mismokefreeapartment.org or call 734.665.1126
- All Michigan residents may also visit www.michigan.gov/tobacco

For more information on how to quit smoking:

- Sault Tribe Members may call 906.632.5210
- All Michigan residents may call the Michigan Tobacco Quit Line at 1.800.784.8669 (1.800.QUIT.NOW)

Additional resources may also be available at your local Health Department

Sault Tribe Community Health Services

2864 Ashmun Street
Sault Ste. Marie, MI 49783
906.632.5210

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Clean Air & Good Health

Your Family Deserves a Smoke-Free Home



What you should know about secondhand and thirdhand smoke and how to protect your family

What is Secondhand Smoke?

- Secondhand smoke is made up of two parts: the smoke from the burning end of a cigarette, cigar, or pipe, and the smoke breathed out by the person smoking.

Why is it Dangerous?

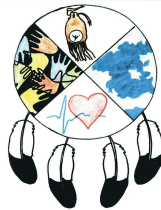
- Secondhand smoke contains at least 250 toxic chemicals and is harmful to everyone—even family pets.
- Children who are exposed to secondhand smoke get sick more often with coughing, wheezing, and ear and lung infections. It can also trigger asthma attacks.
- Secondhand smoke hurts the growing lungs of children and babies.
- Adults who are exposed to secondhand smoke may develop heart disease, lung cancer, and breathing problems, and they also get sick more often.

What is Thirdhand Smoke?

- Thirdhand smoke is left behind in places where people have smoked.
- Even after secondhand smoke is gone, chemicals from the smoke cling to walls and ceilings. They also settle on surfaces, and soak into carpets, curtains, clothing, and furniture.
- Thirdhand smoke is easy to spot if you have ever walked into a room that smells like cigarette smoke even when there is no one smoking. It can also be noticed when you hug someone who smokes and smell smoke on their clothes or hair.

Why is it Dangerous?

- There is new information showing that thirdhand smoke is also a health danger.
- Nicotine and other toxins left behind from the smoke can be breathed in or swallowed. This can cause many of the same health problems as secondhand smoke.
- Thirdhand smoke is very dangerous for children and babies because they crawl on the floor and put things in their mouths. They are also held by adults who may have thirdhand smoke on their clothing or hands.



How Can You Protect Yourself and Your Family?

1. **If you do smoke, take it outside or try to quit** (See the back of this brochure for help with quitting).
2. **Make your home a smoke-free zone** and ask guests not to smoke indoors.
3. **Have a smoke-free car at all times** and ask friends and family not to smoke in your car.
4. **Avoid places where others have been smoking** whenever possible.
5. **Talk to your landlord about a smoke-free policy** if you live in an apartment building or other type of complex.

Things to Remember:

- There is no safe amount of secondhand or thirdhand smoke.
- Smoke travels from room to room. Smoking in any part of the house causes smoke to spread to other rooms.
- Opening windows, using a fan or air filter, or putting the window down in the car does not get rid of tobacco smoke.
- Secondhand smoke can stay in the air for hours and thirdhand smoke can stay on surfaces for days, weeks, months, or even years.