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EVERY YEAR, OVER  
30,000 ADULTS DIE  
FROM HEART DISEASE  
AND OVER 7,000 DIE  
FROM LUNG CANCER.

## RESOURCES

California Smokers' Helpline  
1-800-662-8887  
[www.nobutts.org](http://www.nobutts.org)

Tobacco Free CA  
[www.tobaccofreeca.com](http://www.tobaccofreeca.com)

## OTHER PEOPLE'S SMOKE

Know the Risks

## CONTACT US



ASIAN PACIFIC ISLANDER  
FORWARD MOVEMENT

[apifm.org](http://apifm.org)  
[@forwardapi](https://twitter.com/forwardapi)

For more info, contact Clarissa at  
[clarissa@apifm.org](mailto:clarissa@apifm.org)

Ask us how YOU can help  
promote smoke-free  
environments in your city!

<https://i.pinimg.com/originals/1c/42/4a/1c424add5ca3f8f578f7cfa5adeb3a33.jpg>

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# SECONDHAND SMOKE CAN KILL.

For a long time, it didn't seem polite to ask smokers to stop. **That was before we understood how dangerous tobacco smoke is.** Today, things are different. Non-smokers want to protect themselves from the risks of secondhand tobacco smoke, and most smokers don't want to put other people in danger. **Avoiding exposure to secondhand smoke can protect your health and that of your children, family and friends.**

**Among children, SHS contributes to:**

- **150,000-300,000 cases** of bronchitis or pneumonia in those 18 months and younger
- **26,000 new cases** of asthma
- Up to **1.6 million doctor visits** for middle ear infections

## THERE IS **NO** RISK-FREE EXPOSURE TO SECONDHAND SMOKE



### SMOKE-FREE ENVIRONMENTS CAN SAVE LIVES



## TOGETHER, WE CAN PROTECT.

Here are some steps you can take to avoid smoke and protect your loved ones:

1. **Know the risks.** It's a serious health threat, and it's especially dangerous for children, pregnant women and the elderly.
2. **Protect the children in your life.** Insist on a nonsmoking daycare.
3. **Ask for a no-smoking policy.**
4. **Talk with smokers.** Agree together on ways to deal with secondhand smoke. You have a right to speak up, and very good reasons for doing so!
5. **Create smoke-free spaces** at home, at work, in your car. Keep windows open and air out the space if someone is smoking.