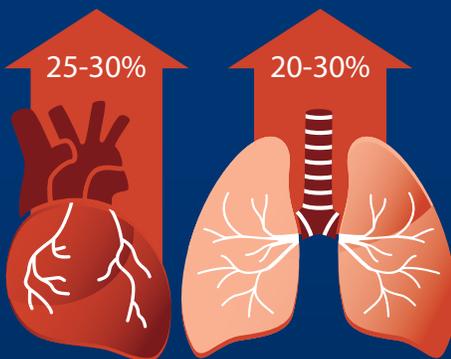


Secondhand Smoke

Secondhand smoke (SHS) is the combination of smoke from the burning end of a cigarette, cigar or pipe tip and the smoke exhaled by the smoker. SHS is harmful to the health of everyone who comes in contact with it.¹

Health Effects: Adults and Workers

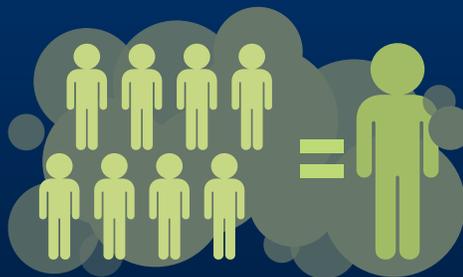


Nonsmokers who are exposed to SHS at work or home increase their risk of heart disease by 25-30% and risk of lung cancer by 20-30%.²

Smokefree workplace laws lead to less smoking, increases in quit attempts and an increase in cessation rates among protected workers.

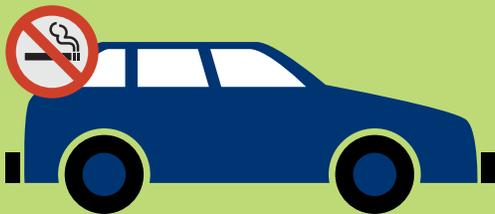
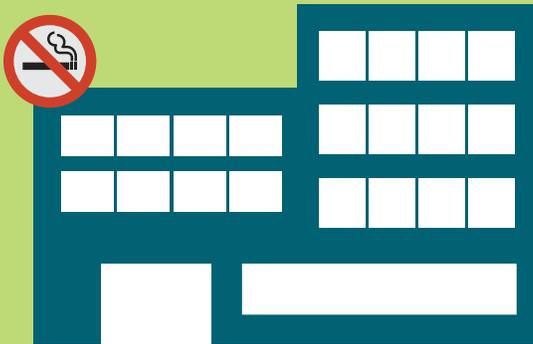


Nine out of 10 Alaska adults think smoking should be prohibited in Alaska workplaces.³



For every eight smokers who die from smoking, one nonsmoker dies from exposure to SHS.⁴

BOTTOM LINE: There is no risk-free level of secondhand smoke; even brief exposure can be harmful.² Eliminating smoking in indoor spaces is the only way to fully protect nonsmokers from SHS exposure. Separating smokers from nonsmokers, cleaning the air and ventilating rooms or buildings does not eliminate SHS exposure.²



What Can You Do?

- Encourage businesses to go smokefree.
- Before signing a lease or purchase agreement, ensure the rental property or association has a smokefree housing policy.
- Maintain a 100% smokefree home and car, even if you smoke.
- Choose restaurants and bars that are smokefree.
- Support federal, statewide and local tobacco-prevention efforts like smokefree laws, higher tobacco taxes and funding for tobacco prevention programs.

If You Smoke, Take Precautions •

- Always smoke outdoors – never in the home or other enclosed environments.
- Do not smoke around others, especially pregnant women, infants, the elderly and children.
- Consider using a nicotine replacement therapy (NRT) such as patches or gum, which help to lessen nicotine withdrawal and cravings and make it easier to quit.
- If you smoke, quit. If you can't quit, keep trying.



Call 1-800-QUIT-NOW (1-800-784-8669) for confidential coaching, Text2Quit, Web Coach, and free NRT.

1. U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010 [accessed 2011 Mar 11].

2. U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 [accessed 2011 Mar 11].

3. Alaska Department of Health and Social Services. Alaska Tobacco Facts 2013.

4. Schoenmarklin, S, Tobacco Control Consortium. 2004. Infiltration of Secondhand Smoke into Condominiums, Apartments, and Other Multi-Use Dwellings. St. Paul, MN: Tobacco Control Legal Consortium.