

## Protect yourself and your family from secondhand smoke

- ✦ Always avoid secondhand smoke. There is no risk-free level of exposure.
- ✦ Keep your home and car smoke-free. Opening a window does not protect you from exposure.
- ✦ Make sure your children's daycare facility is smoke-free.
- ✦ Teach your children to stay away from secondhand smoke.
- ✦ Choose restaurants, bars, hotels/motels, and other businesses that are smoke-free. And be sure to thank them for offering a smoke-free environment.
- ✦ Inform smoke-friendly businesses that secondhand smoke is harmful to non-smokers. Remind them that a No Smoking section does not provide adequate protection for non-smokers.
- ✦ If you are a smoker who is ready to quit, call the QuitLine for help.

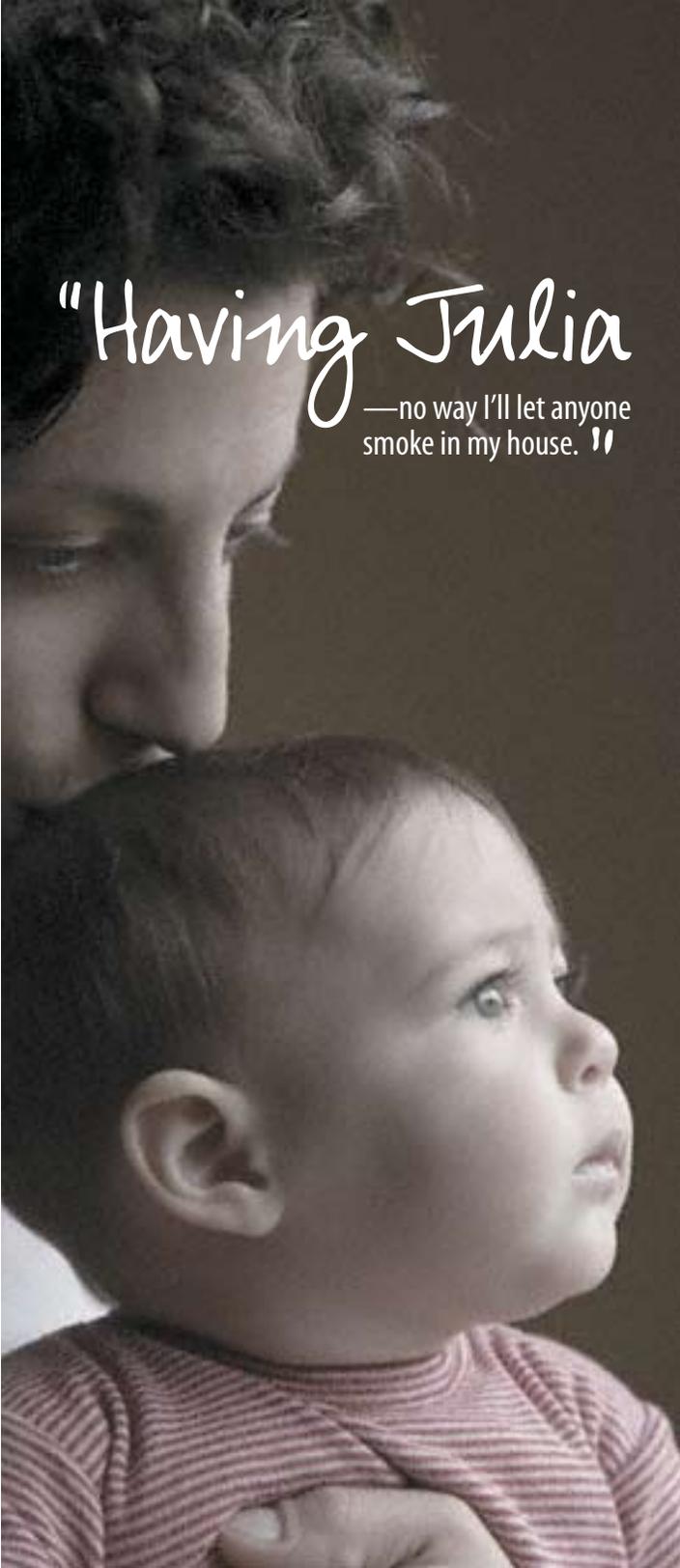
South Dakota Department of Health  
**QUITLINE**  
**1-866-SD QUILTS**  
(1-866-737-8487)

**The U.S. Surgeon General Warns:**  
Those with heart or lung problems should take special precautions to avoid even brief exposure to secondhand smoke. (2006)

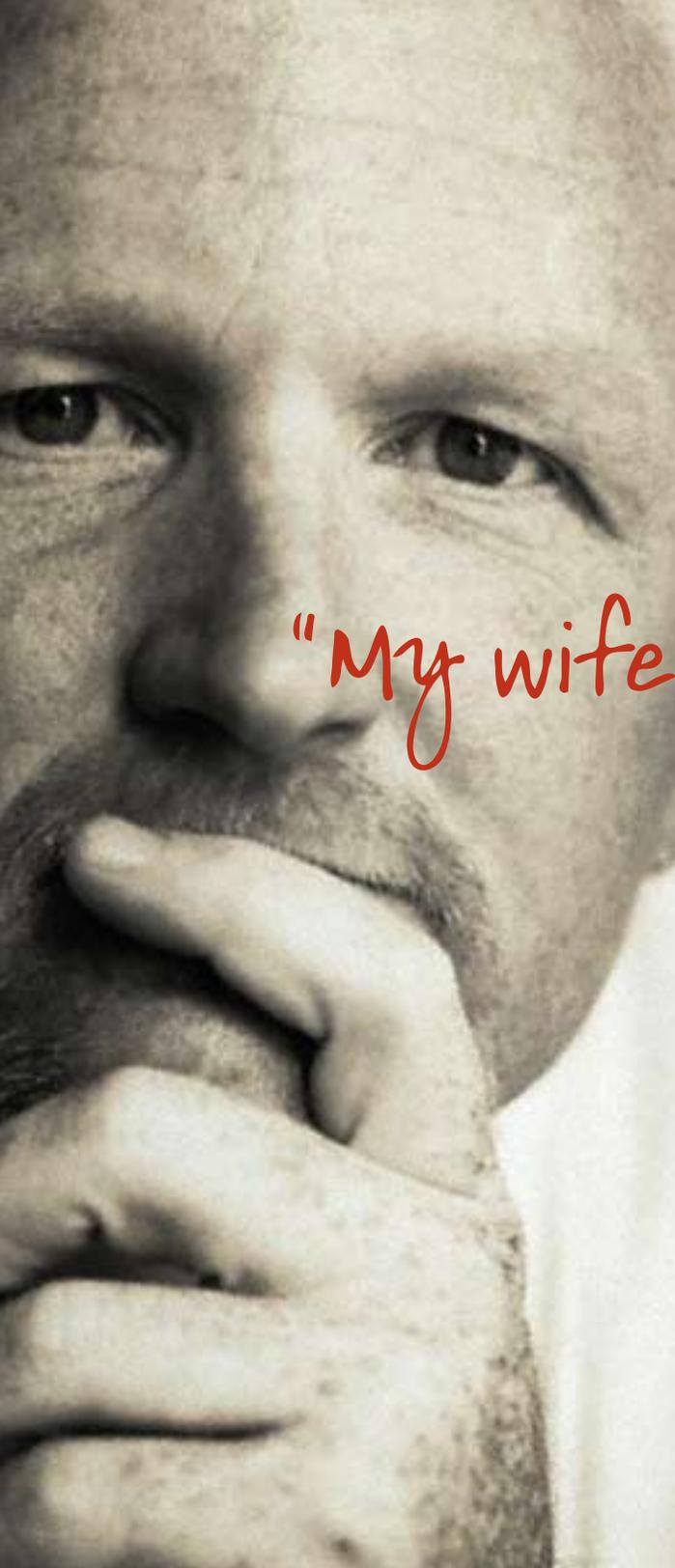


For a listing of South Dakota businesses and organizations that have chosen to be tobacco-free or smoke-free, visit [doh.sd.gov/tobacco](http://doh.sd.gov/tobacco).

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*"Having Julia*  
—no way I'll let anyone  
smoke in my house. "



"My wife

## Maybe you've never smoked a cigarette.

But every time you inhale secondhand smoke from someone else's cigarette or pipe or cigar—even for a little while—you're smoking just the same.

Exposing your body to the same dangerous chemicals that cause cancer. Heart disease. Acute respiratory conditions. With every breath you take.

was diagnosed with lung cancer—and she never smoked. Her regulars down at the bar did, though."

Worse, secondhand smoke increases a child's chances for serious respiratory infections, severe asthma, and ear problems, leading to more doctor visits. A baby who is exposed is at greater risk of sudden infant death syndrome (SIDS).

And there is no risk-free level of exposure. Not even the most powerful ventilation system will eliminate it from your home, your workplace, or your favorite bar.

Protect yourself from secondhand smoke.

Make your home, your car, your workplace smoke-free. Ask neighborhood businesses to adopt a smoke-free policy. Teach your children to avoid secondhand smoke. Help a friend to quit.

**It's your life. Make it better.**

