# Clearing the Air

### *Why are we concerned about living in a smoke free environment?*

Even small amounts of secondhand smoke can harm your health. People who inhale cigarette smoke have a higher risk of developing lung cancer, heart disease, respiratory illnesses like bronchitis and asthma, low birth weight babies, and Sudden Infant Death Syndrome (SIDS). The only way to protect yourself is to stay in 100% smoke free areas.

### *What are the benefits of smoke free environments?*

Smoke free environments improve public and economic health by:

- Reducing healthcare/insurance costs
- Encouraging smokers to quit and/or cut back
- Reducing health problems, disease, disability, and early death
- Lowering cleaning and maintenance costs
- Increasing resale value of cars, homes, etc.
- Reducing potential lawsuits from non-smokers harmed by second hand smoke
- Lowering the risk of fires and accidental injuries—potential to reduce insurance premiums

### *How can you help promote a smoke free community?*

- Make your home and car 100% smoke free—do not allow anyone to smoke around you or your family
- Educate your children about the dangers of tobacco use and secondhand smoke
- Encourage and support smokers in their efforts to quit
- Support smoke free policies at work, school, restaurants, childcare, and other public places

### *For more information go to:* www.tobacco-cessation.org
or call 1– 800-QUIT NOW (800-784-8669)

Thomas Jefferson Health District
**Working together for a healthy community**
Albemarle Charlottesville Fluvanna Greene Louisa Nelson

Health Whys
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*Protecting You and Your Environment*

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