

Second-Hand Smoke Is...

Smoke blown out by a person who is smoking.

Smoke given off by burning cigarettes, cigars and pipes.

Each year children who breathe second-hand smoke are likely to suffer cases of bronchitis, pneumonia and other lung diseases.

Children who breathe second hand smoke can have more ear infections.

Children can have more asthma attacks and the attacks can be more severe.

Sharing a car with someone who is smoking is equivalent to a non-smoker inhaling 3 cigarettes.

Children who grow up in a home where people don't smoke are less likely to smoke themselves.

If a person spends two hours in a room where someone is smoking, the nonsmoker inhales the equivalent of four cigarettes.

Source: Minnesota Partnership for Action Against Tobacco (MPAAT)

Benefits of a Smoke-Free Home and Car

- Healthier children
- Healthier pets
- Spend less time, energy and money cleaning your curtains, walls, windows and mirrors
- When your home is smoke-free, it will smell much better
- Food will taste better
- Increased car resale value
- Insurance rates may be lower—check with your insurance company
- Fewer car accidents

Source: U.S. Centers for Disease Control (CDC)

Breathe Easy and Win!



Take the pledge! Complete this card and return it. You will receive a smoke-free home and/or car kit.

The best prize of all is Smoke-Free air around you and your family!

Name: _____

Address: _____

Phone: _____

Adult Signature: _____

Please check ALL that apply:

- Yes! We pledge to keep a smoke free home and car. Please send our family both the smoke-free home and car kit.
- We pledge to keep a smoke-free car. Please send our family the smoke-free car kit.
- We pledge to keep a smoke-free home. Please send our family the smoke-free home kit.
- We discussed this as a family and are not interested in participating at this time.
- Please send information about how to quit smoking.

Anoka County Community Health &
Environmental Services
2100 Third Avenue - 6th Floor
Anoka, MN 55303



Anoka County Community Health &
Environmental Services
2100 Third Avenue - 6th Floor
Anoka, MN 55303

What can you do to protect your family:
Take the smoke-free home and car pledge.
Don't smoke inside your home or car and ask friends,
family and babysitters not to.
For more information, call 763-422-7282



1-877-270/STOP

Call Minnesota's Tobacco Helpline... Stop smoking today.

Breathe Easy
Take your smoke outside



Families promoting Smoke-free Homes and Cars