

SECONDHAND SMOKE

Why is smoking harmful?

What is Secondhand Smoke?

When a person smokes near you, you breathe in secondhand smoke. It could be smoke from the burning end of a cigarette. It could be the smoke breathed out by smokers. Whether you are young or old, healthy or sick, secondhand smoke is bad for your health.

No amount of secondhand smoke is safe.

- **Tobacco smoke contains harmful chemicals.**
People who live around cigarette smoke breathe the same chemicals in smoke that smokers do. These include:
 - Deadly poisons
 - Dead tissue preservative
 - Nail polish remover
 - Wood alcohol
 - Torch fuel
 - House cleaner
- **Family members who live with smokers** may breathe as much secondhand smoke in one day as they would if they smoked 1-2 cigarettes themselves.
- **Over 3,000 non-smokers die each year** from lung cancer caused by secondhand smoke.
- **Secondhand smoke is very bad for babies and children** because they have small lungs and airways.
- **Smoking takes 8 years off the life** of the smoker and causes many types of health problems.



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Quit Smoking

This is the most important thing that you can do for yourself and your family.

- Talk to your doctor or his/her staff about quitting.
- Use medications for quitting, such as the nicotine patch.
- Get group, in-person, or phone counseling.

Tips to Quit

- Think about past quit attempts. What worked and what did not?
- Ask friends, family and friends at work to support you.
- Plan to do something you enjoy every day
 - This will keep your mind off smoking
 - Reward yourself
- Avoid people and places that will tempt you to smoke.

If you cannot quit now there are ways to keep smoke away from others:

- Smoke outside your home.
- Do not allow anyone else to smoke in your home – direct them outside.
- Wear a smoking jacket and leave it outside. The smoking jacket will shield your clothes from the smoke.

To avoid secondhand smoke:

- Ask family and friends to smoke outside.
- Don't let people smoke in your car.
- If your family members are smokers, ask them to think about quitting.

California Smokers Helpline

Looking for help to stop smoking? The Smokers' Helpline can help you quit. This service is free! Call them at **1-800-662-8887**.

Talk to your doctor or nurse if you have any questions or concerns.

You don't have to do this alone!

To find out more about how to quit smoking call Alliance Health Programs at **510-747-4577**.

Toll-free: 1-877-371-2222
(CRS/TTY: 711 or 1-800-735-2929)
Monday–Friday, 8 a.m. –5 p.m.

Alliance CompleteCare (HMO SNP)
Members please call:
Toll-free: 1-877-585-7526
(CRS/TTY: 711 or 1-800-735-2929)
7 days a week, 8 a.m. –8 p.m.

www.alamedaalliance.org
www.alliancecompletecare.org

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