

Secondhand Smoke is Dangerous

Everyone knows that smoking is bad for smokers, but did you know:

- Breathing in someone else's cigarette, pipe or cigar smoke can make you and your children and elders sick.
- Children who live in homes where people smoke get sick more often with coughs, wheezing, ear infections, bronchitis or pneumonia.
- Opening windows or using fans or air conditioners will not stop secondhand smoke exposure.
- The U.S. Surgeon General says that secondhand smoke can cause sudden Infant Death Syndrome, also known as SIDS, and secondhand smoke also can cause lung cancer and heart disease.
- In the Doyon region, three out of 5 of the leading causes of death between 2004-2009 can be attributed to tobacco use, accounting for 48% of deaths overall.



To join the Interior Alaska Coalition of Tobacco Free Advocates (I ACT Free)
facebook.com/I.ACT.Free

Contact: Melanie Brenner or Shawna Hildebrand at
907-459-3800
Email: i.act.free@gmail.com



Information also available at:
tcclivethetradition.org
alaskaquitline.com
hss.state.ak.us/dph/chronic/tobacco/default.htm

Tanana Chiefs Conference Behavioral Health Prevention Program

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Secondhand Smoke Effects the Health of Your Family and Community



Take it Outside~ Everyone deserves to breathe smokefree air!

Encouraging you to create a tobacco free Interior.



Protect Your Family

- Make your car and home smokefree.
- Family, friends or visitors should never smoke inside your home or car, it's ok to let them know you don't like it.
- Keep yourself and your children away from places where smoking is allowed.
- If you smoke, smoke only outside, at least 50 feet from doors and open windows.
- Take the pledge and hang it up for everyone to see.
- If you're ready to quit, call **1-800-QUIT-NOW** for free help.



Pledge to

Take it Outside

Everyone deserves to breathe smokefree air!



This pledge is to protect me, my family and other people from the harm of secondhand smoke.

By signing this pledge this I agree to:

- Smoking is not allowed in my home or car by myself, family or visitors. *(Infants, toddlers and elders are especially vulnerable to the health effects from secondhand smoke.)*
- Childcare providers may not smoke near my children.
- Smoking will not be allowed within 50 feet of doorways, hallways, or windows.
- I will support smokefree events in my community.

Name _____

Date _____

