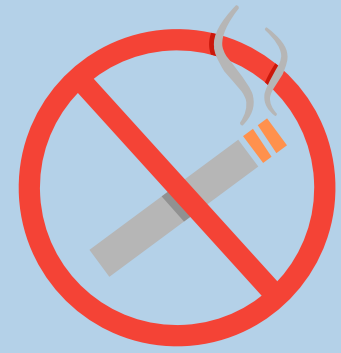




HELP

HEALTH EDUCATION
& LITERACY PROGRAM



STEP 1 Get good health information

- Is the information you've found accurate and reliable?
 - Who sponsors the website?
 - Who wrote the information?
 - What is the website's mission?
 - When was the information written?
 - Are the solutions too good to be true?
- This infographic is from the CDC.
 - The Center for Disease Control and Prevention (CDC) is a US federal agency that conducts research and provides information on infectious diseases, non-infectious diseases, and public health.

Trustworthy source



STEP 2 what does it mean?

- Is it in an understandable format (visual, auditory, written)?
 - Find infographics, podcasts, etc. from reputable and respected sources
- Talk to your provider

- Shows you how many people (1 in 4 nonsmokers) are exposed to secondhand smoke.
- There is no safe level of secondhand smoke and it can result in disease for nonsmokers.

Understandable



GOING SMOKEFREE MATTERS IN YOUR HOME

There is no safe amount of secondhand smoke exposure. The home is the main place many children and adults breathe in secondhand smoke.

What is secondhand smoke?

It is the combination of smoke from the burning end of a cigarette and the smoke breathed out by a smoker. When a person smokes near you, you can be exposed to secondhand smoke.

The Surgeon General concluded:

- RISK FREE** There is no safe level of secondhand smoke exposure.
- Cleaning the air and ventilating buildings cannot get rid of secondhand smoke.
- Secondhand smoke causes disease and early death in children and in adults who do not smoke.

In the United States:

- Approximately **58 million** (1 in 4) nonsmokers are exposed to secondhand smoke.
- About **2 in 5** children (including 7 in 10 black children) are exposed to secondhand smoke.
- The **home is the main place** where **children** are exposed to secondhand smoke.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/tobacco

CS66051-G

STEP 3 Apply it to your health

- What does this mean for your health?
- Weigh the risks vs. benefits
 - What will keep you healthiest?
 - What will keep others healthy?
- Quitting smoking can reduce the exposure to disease-causing toxins for both you and those in your home.

Avoid exposing others to secondhand smoke by going smoke-free!

