



## Educational Goal: Reduce/Eliminate Secondhand Smoke in Households

### Secondhand Smoke Exposure Gold Standard

 **Take it Outside – Secondhand smoke is bad for everyone who breathes it**

 **Take it Outside - There is no safe amount of exposure to secondhand smoke**

Second-hand tobacco smoke is smoke exhaled by a smoker or from a tobacco product he/she is using, that in turn exposes a second person to the smoke. It includes smoke from a smouldering cigarette, cigar, pipe or other tobacco material.

Secondhand smoke can increase a nonsmoker's risk of serious illnesses. The nonsmoking person is exposed to the same tar, nicotine and cancer-causing chemicals as the smoker. It can make children sick. It is dangerous for babies. People with asthma or other health problems can suffer. Even pets can get sick from secondhand smoke.

Take a ***STEP to Health*** for those around you.

- ◆ Keep smoke away from others.
- ◆ Take the smoke outside of your home and car.
- ◆ Set up a comfortable place to smoke outside if you are not ready to quit right now.

