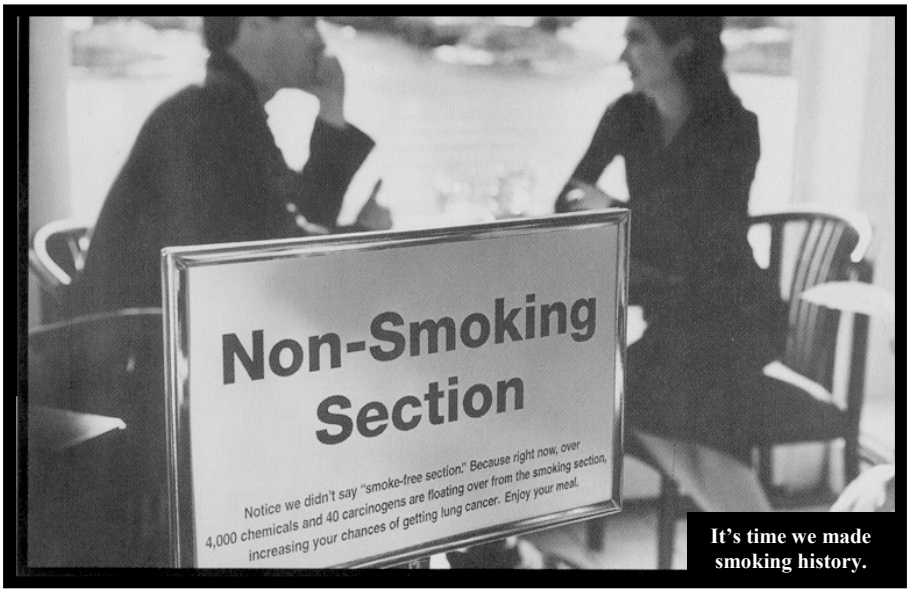
Secondhand Smoke

Health Promotion Program
Navy Environmental
Health Center



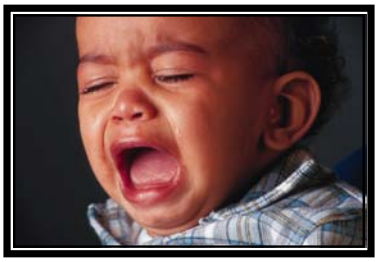
Notice we didn't say "smoke free section." Because right now, over 4,000 chemicals and 40 carcinogens are floating over from the smoking section, increasing your changes of getting lung cancer ***Enjoy your meal.***

IF SOMEONE WERE SMOKING HERE.
SOMEONE COULD GET LUNG CANCER HERE.

22'
10'
IN A ROOM THIS SIZE, SECONDHAND SMOKE SPREADS LIKE CANCER.
It's time we made smoking history.

Effects On Children

- **Increased coughing, wheezing & asthma**
- **Increased ear infections**
- **More colds, bronchitis & pneumonia**
- **Decrease in lung function**
- **More illnesses & doctor visits**



I Need Room To

BREATHE!

Birth defects can come in all shapes and sizes.

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Effects On Adults

- **Exposure causes irritation of the eyes, nose & throat**
- **Leads to chest discomfort, coughing, breathing difficulties**
- **Adults who live and work with other smokers are more likely to contract lung cancer and heart disease**

CIGARETTE SMOKE
IN THE SMOKING SECTION

CAUSES CANCER IN
THE NON-SMOKING SECTION.
It's time we made
smoking history.

Effects On Pets

- **Secondhand smoke increases the risk of lung cancer in dogs!**

THERE'S A WARNING LABEL ON CIGARETTE PACKS FOR PEOPLE WHO SMOKE. WHERE SHOULD THE WARNING GO FOR PEOPLE WHO BREATHE?
WARNING: Secondhand cigarette smoke can give you lung cancer.
Secondhand smoke can kill. It doesn't matter that you aren't a smoker, or that you
cancer can increase by 34%. The tobacco companies must not have thought it
non-smoking sections. When there's secondhand smoke in the air, your risk of g
worth mentioning.
It's time we made smoking history.

What To Do?

- **Protect your family and children from secondhand smoke!**
- **Avoid smoking areas!**
- **Do not allow others to smoke in your car, home, school or office!**
- **Encourage your friends to quit!**
- **Support smoke free environments!**

Hear No Evil

See No Evil

Breathe No Evil

Protect Your Children from Secondhand Smoke

SMOKE FREE ENVIRONMENT!