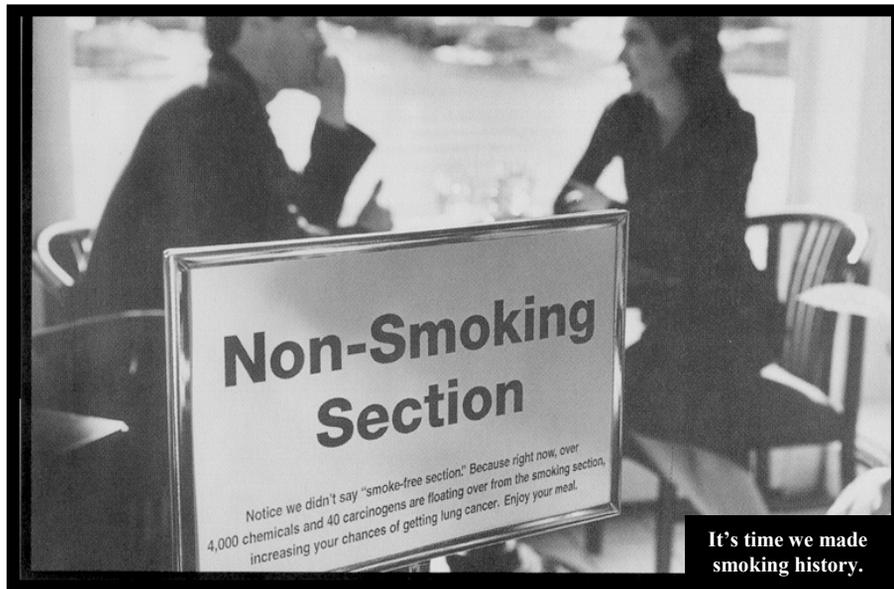


Secondhand Smoke



**Health Promotion Program
Navy Environmental
Health Center**

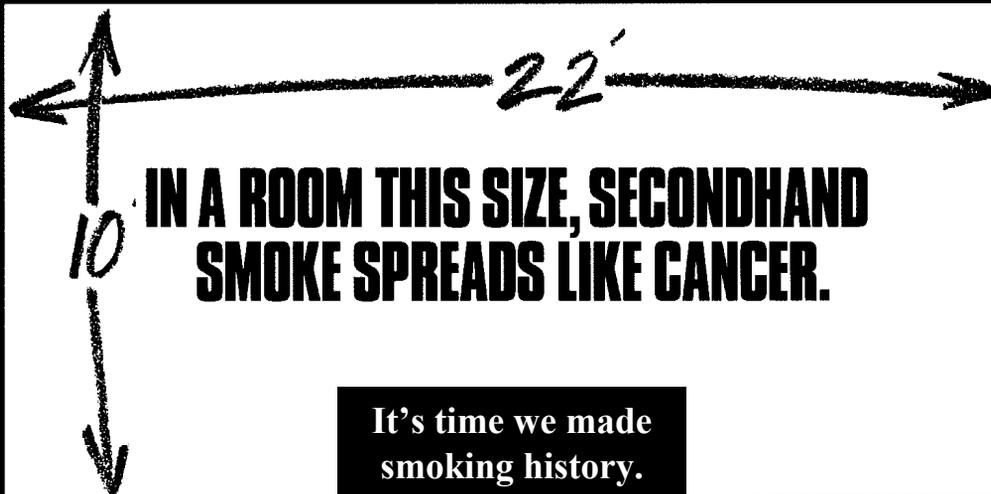


Notice we didn't say **“smoke free section.”**
Because right now, over 4,000 chemicals and 40 carcinogens are floating over from the smoking section, increasing your chances of getting lung cancer *Enjoy your meal.*



**IF SOMEONE WERE
SMOKING HERE.**

**SOMEONE COULD GET
LUNG CANCER HERE.**



**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**

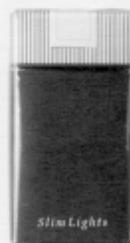
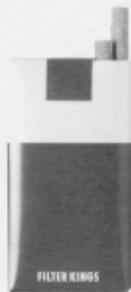
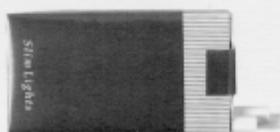


I Need Room To

BREATHE!



Birth defects can come
in all shapes and sizes.



©1996 ADHS

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**

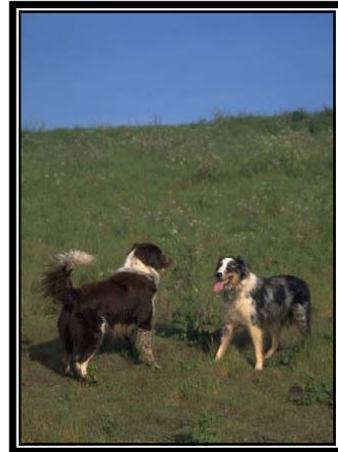


**CAUSES CANCER IN
THE NON-SMOKING SECTION.**

**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
non-smoking sections. When there's secondhand smoke in the air, your risk of g

**It's time we made
smoking history.**

cancer can increase by 34%. The tobacco companies must not have thought it
worth mentioning.

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

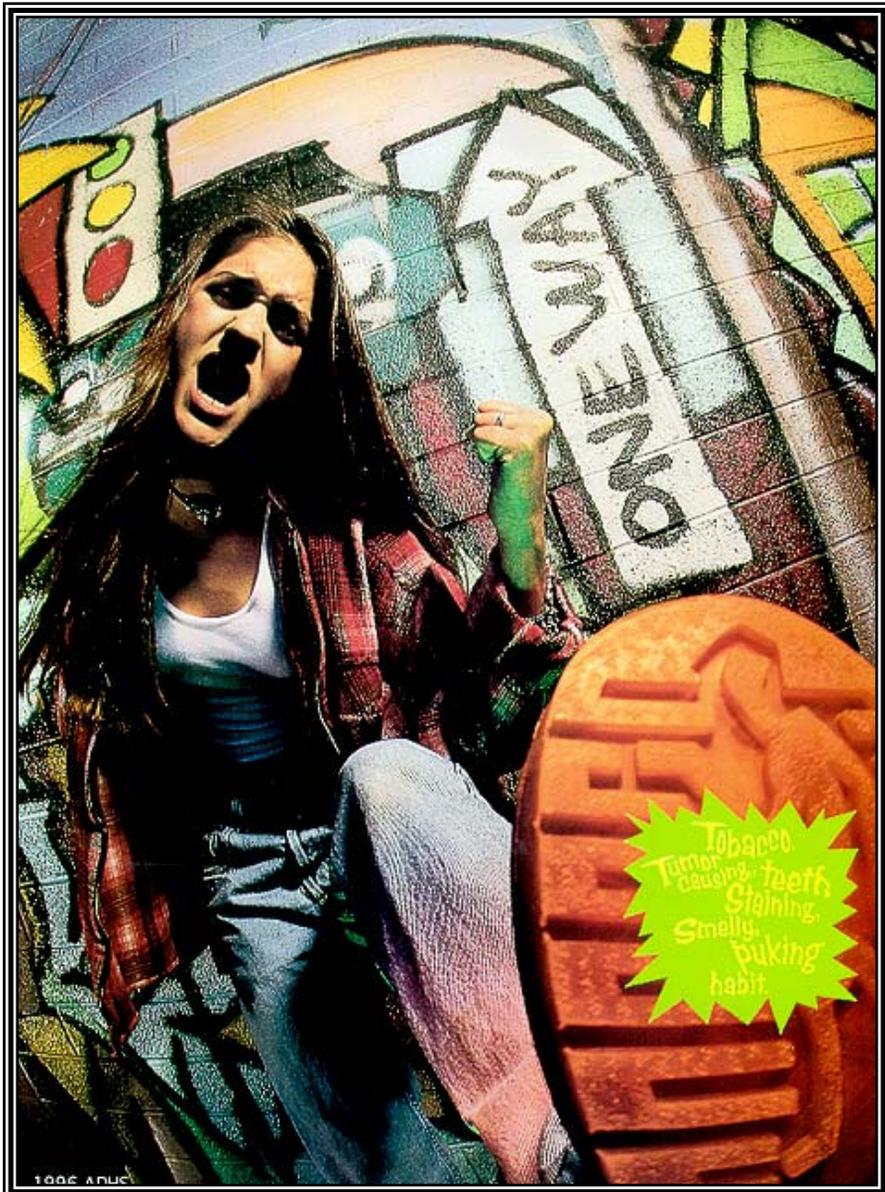
Hear No Evil

See No Evil



Breathe No Evil

Protect Your Children from Secondhand Smoke



**SMOKE FREE
ENVIRONMENT!**