

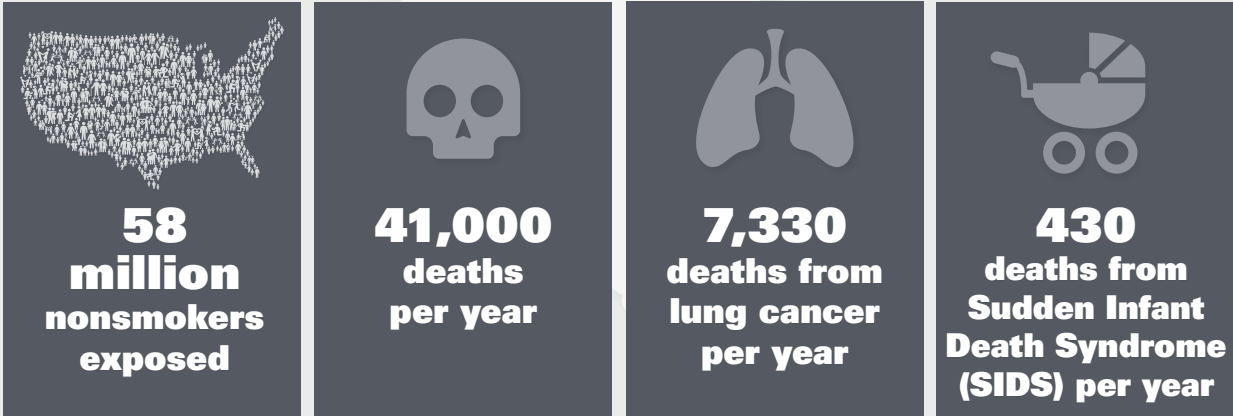
Secondhand smoke **BY THE NUMBERS**

2 TYPES:

- the smoke given off by a burning tobacco product
- the smoke exhaled by someone who is smoking

 **7,000+** chemicals are in tobacco smoke

70 cause cancer



4 THINGS YOU CAN DO:

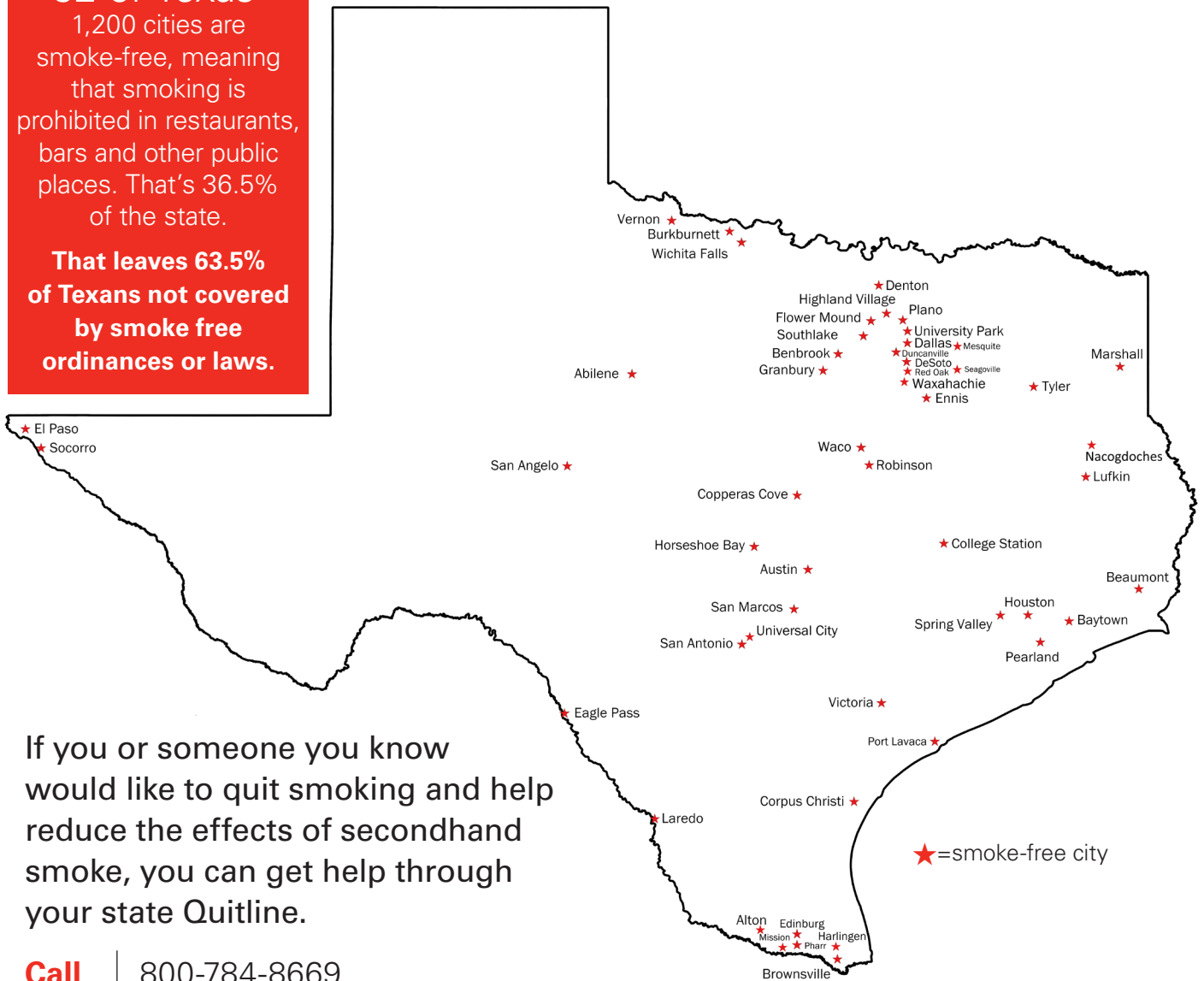
<p>Do you smoke?</p> <p>QUIT.</p> <p>Or don't smoke around others.</p>	 <p>Do not allow anyone to smoke in your home or car.</p>	<p>Seek out restaurants and other businesses that don't allow smoking.</p> 	 <p>Teach your children and others to stay away from secondhand smoke.</p>
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In our state...

Studies show when a city goes smoke-free, secondhand smoke exposure decreases and the health of the city's residents improves.

52 of Texas'
1,200 cities are smoke-free, meaning that smoking is prohibited in restaurants, bars and other public places. That's 36.5% of the state.

That leaves 63.5% of Texans not covered by smoke free ordinances or laws.



If you or someone you know would like to quit smoking and help reduce the effects of secondhand smoke, you can get help through your state Quitline.

Call | 800-784-8669
Text | QUIT to 47848
Visit | www.smokefree.gov.

REFERENCES:

- "Harms of Cigarette Smoking and Health Benefits of Quitting," National Cancer Institute.
- "Secondhand Smoke (SHS) Facts," Centers for Disease Control and Prevention.
- "Health Effects of Secondhand Smoke," American Lung Association.
- Campaign for Tobacco Free Kids.
- Map used with permission from Smoke-Free Texas.