

# LIVES <sup>in</sup> JEOPARDY

A woman with dark curly hair is shown in profile, lighting a cigarette. She is wearing a blue shirt and a watch. In the foreground, a young girl with glasses looks on with a worried expression. To the left, another woman is seen in profile, looking down with her hand to her mouth. In the bottom right, a young girl in a teal shirt looks down. The background is a solid blue color.

ONE MOTHER'S UNHEALTHY HABIT PUTS TWO LIVES AT RISK



I WANT YOU TO GO TO YOUR ROOM AND FINISH YOUR HOMEWORK, AMY. I'LL PICK UP THE DISHES.

ARE YOU SURE MOM?  
I CAN DO MY HOMEWORK LATER.



PLEASE, AMY. MOM'S TIRED AND I DON'T WANT TO ARGUE WITH YOU.

OKAY.  
I'M GOING!  
I'M GOING!

A woman with dark hair, wearing a purple t-shirt and a watch, is standing at a kitchen sink. She is lighting a cigarette with a lighter. The sink has a faucet and a soap dispenser. In the background, there is a living room with a couch and a television.

BESIDES MOM  
WANTS TO RELAX WITH  
A CIGARETTE AND WATCH  
"DANCING WITH THE  
STARS".

The woman is now standing in the kitchen, looking down at a plate of food on the counter. She has a shocked expression, with her hand covering her mouth. A soap star is visible on the counter near the sink. The background shows a living room with a lamp and a television.

BOY DOES THAT  
SOAP STAR HAVE  
TWO LEFT FEET!!

A green starburst graphic with the word "OOPS!" written inside in black capital letters.

OOPS!



**DOLORIS IS UNAWARE THAT HER CIGARETTE SMOKE TRAVELS TO AMY'S ROOM THROUGH THE VENTS.**

**OH YUCK! ALL OF MY CLOTHES SMELL SO SMOKY!!**

**THE NEXT MORNING...**

**HAVE A GREAT DAY DEAR!  
YOU FINISHED ALL OF YOUR  
HOMEWORK RIGHT?**

**OH, SURE, SURE.  
LATER MOM!!**

LATER AT WORK...

BETTY, CAN YOU COVER FOR ME? I HAVE TO PICK UP AMY AT SCHOOL. SHE'S HAD ANOTHER ASTHMA ATTACK.

OH POOR AMY. THAT'S THE THIRD TIME THIS MONTH!



I KNOW. I'M WORRIED SICK! WHY IS THIS HAPPENING?

I DON'T KNOW BUT THERE HAS TO BE SOME GOOD REASON...





WAIT! I KNOW THAT YOU ARE A SMOKER...BUT DO YOU SMOKE INSIDE YOUR HOUSE?



YES, I DO BUT ONLY IN THE KITCHEN WHEN AMY ISN'T AROUND.

I SEE. HOW ABOUT IN THE CAR?



**DOLORES  
CONSULTS  
WITH THE  
SCHOOL  
NURSE.**

YOUR FRIEND IS RIGHT MRS. RUIZ.  
OPENING WINDOWS AND USING  
AIR FRESHENER DOES NOT STOP THE  
HARMFUL EFFECTS OF  
**SECONDHAND SMOKE.**

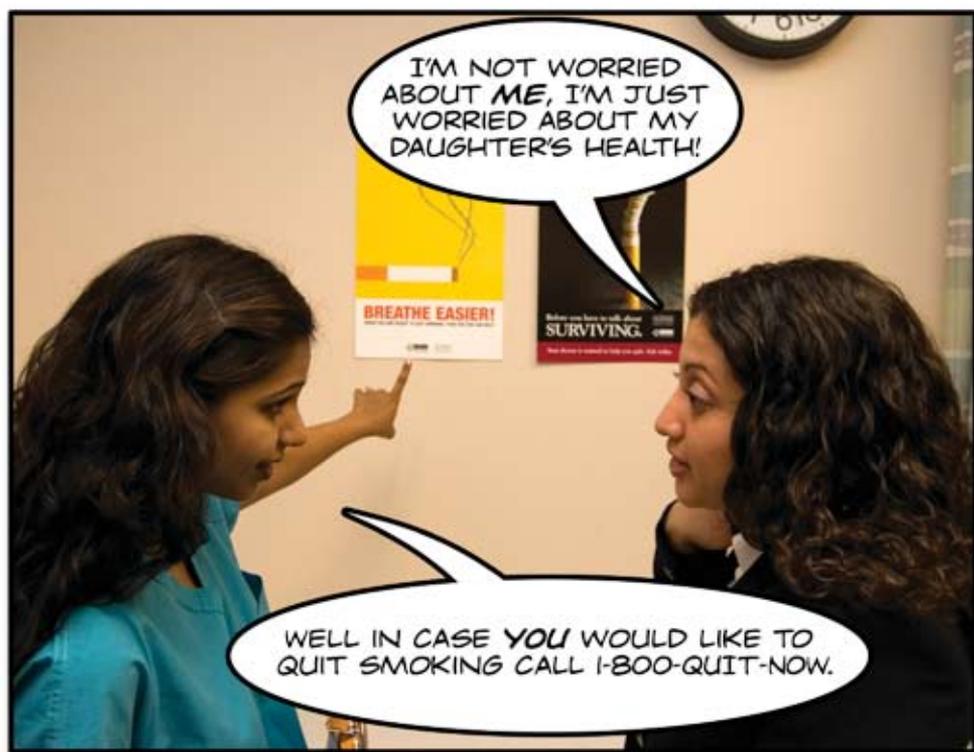


RESEARCH SHOWS THAT  
CHILDREN WHO ARE EXPOSED TO  
SECONDHAND SMOKE ARE MORE  
LIKELY TO DEVELOP ASTHMA.

OH GOD,  
I HAD NO IDEA!











## **NO AMOUNT OF SECONDHAND SMOKE IS SAFE**

SECONDHAND SMOKE CONTAINS A NUMBER OF POISONOUS GASES AND CHEMICALS, INCLUDING HYDROGEN CYANIDE (USED IN CHEMICAL WEAPONS), CARBON MONOXIDE (FOUND IN CAR EXHAUST), BUTANE (USED IN LIGHTER FLUID), AMMONIA (USED IN HOUSEHOLD CLEANERS), AND TOLUENE (FOUND IN PAINT THINNERS), AMONG MANY OTHERS.

HERE ARE SOME UNEXPECTED WAYS YOU MAY BREATHE SECONDHAND SMOKE:

- \* BEING IN A HOUSE WHERE PEOPLE ARE SMOKING, EVEN IF YOU'RE IN ANOTHER ROOM OR THE WINDOWS ARE OPEN. THERE IS NO SUCH THING AS A DESIGNATED "SMOKING AREA" IN THE HOUSE.
- \* RIDING IN A CAR WHILE SOMEONE ELSE IS SMOKING, EVEN IF A WINDOW IS OPEN.
- \* WORKING IN ANY CLOSED ENVIRONMENT THAT ALLOWS SMOKING INSIDE, EVEN IF THERE IS A FILTER OR VENTILATION SYSTEM.
- \* SITTING IN THE "NO SMOKING" SECTION AT A RESTAURANT, EVEN IF IT DOESN'T SMELL SMOKY.

REMEMBER: THERE IS NO RISK-FREE LEVEL OF EXPOSURE TO SECONDHAND SMOKE. EVEN SHORT-TERM EXPOSURES TO SECONDHAND SMOKE, SUCH AS THOSE THAT MIGHT BE EXPERIENCED BY A PATRON IN A RESTAURANT OR BAR THAT ALLOWS SMOKING, CAN INCREASE THE RISK OF EXPERIENCING AN ACUTE CARDIOVASCULAR EVENT.

A SMOKE-FREE ENVIRONMENT IS THE ONLY WAY TO FULLY PROTECT NONSMOKERS FROM THE DANGERS OF SECONDHAND SMOKE. SEPARATING SMOKERS FROM NONSMOKERS, CLEANING THE AIR, AND VENTILATING BUILDINGS CANNOT ELIMINATE EXPOSURE OF NONSMOKERS TO SECONDHAND SMOKE.

FOR MORE INFORMATION ON SECONDHAND SMOKE, PLEASE VISIT [WWW.SURGEONGENERAL.GOV](http://WWW.SURGEONGENERAL.GOV)

## **WHEN YOU'RE READY TO QUIT**

CALL 1-877-YES-QUIT  
OR THE AMERICAN LUNG ASSOCIATION AT 1-800-586-4872

VISIT [WWW.CDC.GOV/TOBACCO/HOW2QUIT.NTM](http://WWW.CDC.GOV/TOBACCO/HOW2QUIT.NTM)