



Did you know...

**Secondhand Smoke is
the 3rd leading cause
of preventable death
in this country?**

What is Secondhand Smoke?

- Secondhand smoke is the smoke exhaled from the lungs of smokers and the smoke that comes from the burning end of a cigarette, cigar or pipe
- It contains more than 4,000 substances, more than 40 of which are known to cause cancer in humans or animals and many of which are strong irritants.
- Secondhand smoke is harmful to nonsmokers and can cause them to develop diseases, such as lung cancer and heart disease.
- It is estimated by the EPA to cause approximately 3,000 lung cancer deaths in Non-Smokers each year.

Secondhand smoke can:

- Harm an unborn baby
- Increase risk for Sudden Infant Death Syndrome
- Increase the risk of serious respiratory disease during in a child's life
- Cause increased risk of death from heart disease

How Can You Protect Yourself and Your Family?

- Choose not to smoke in your home or car
- Choose never to smoke around young children
- Keep smoke away from you and your family by asking other people not to smoke in your home or car
- Ask friends, family, babysitters and visitors not to smoke in your home

Remember: It's not enough to move to another room, open a window, turn on a fan, or use air fresheners. Any exposure to secondhand smoke is dangerous.

If you need more information on Smoke-Free Homes: <http://www.kidslivesmokefree.org/>
OR Call 1-800-LUNGUSA; Or visit www.ffsonline.org If you are interested in quitting smoking go to www.quitline.com & 1-800-784-8669 or 1-800-QUIT-NOW

Wahkiakum Community Network

P.O. Box 629

Cathlamet, WA 98612

360-795-8040

wahkiakum@centurytel.net

NEXT PUBLIC BOARD MEETING

April 7, 2008 7:00 – 9:00 PM

River Street Meeting Room 42 River Street, Cathlamet

Supporting community-based changes to improve the lives of children and families