



In Washington state, smoking is not allowed in public places and all workplaces, including bars, restaurants, bowling centers, skating rinks, non-tribal casinos, reception areas and 75 percent of hotel rooms.

Did You Know?

To report a violation of the Smoking in Public Places Law, visit www.SecondhandSmokesYou.com/Violation.

To find more information about the ways you can protect yourself and your loved ones from the dangers of secondhand smoke, visit www.SecondhandSmokesYou.com.

THINKING OF QUITTING SMOKING?

Call the free Tobacco Quit Line for help at **1-800-QUIT-NOW (1-877-2NO-FUME** in Spanish) or visit www.quitline.com for more information about the state's tobacco quitting services.

How to Protect Yourself and Your Loved Ones from Secondhand Smoke



What is Secondhand Smoke?

Secondhand smoke is the smoke from the burning end of a cigarette and the smoke exhaled by smokers.

When someone smokes near you, you breathe secondhand smoke. When you breathe secondhand smoke, it's like you are smoking a cigarette.

Even breathing a little secondhand smoke can be bad for you, increasing your risk for asthma, colds, allergies, and lung cancer.



WHAT CAN YOU DO?

Avoid Secondhand Smoke.

This can be very hard when you find yourself in situations where others are smoking. Confronting someone about smoking can be uncomfortable. Be calm and to the point when having these conversations.

Remember, you are trying to protect yourself and those close to you—not punish the smoker.



1 If The Smoker is a Family Member or Friend

Talk to them about the harmful effects of secondhand smoke and explain why you want them to smoke away from you. For example, you might say, "I'm concerned about how the smoke from your cigarette is affecting my health, so would you please smoke outside?" Find respectful ways to talk to elders about secondhand smoke.

2 Other Things You Can Do

- Don't smoke in your home and don't permit others to do so.
- Place a "Thank you for not smoking" sign in your home, office, and car.
- Remove ashtrays from your home and fill ashtrays in your car with sugar-free candies or change.
- Don't allow people who take care of your children to smoke in your house, car, or near your children.
- Teach your children to stay away from secondhand smoke.