

Protect Yourself from Secondhand Smoke

Did you know? Breathing other people's smoke is just as dangerous as smoking.

What is secondhand smoke?

This is the smoke that burns from the end of a cigarette, cigar or pipe. This also includes smoke exhaled by people.

Where there's smoke, there's danger!

Breathing secondhand smoke can cause serious health problems. This smoke has more than 50 chemicals that cause cancer.

It also:

- Increases the risk for lung cancer and heart disease in adults who do not smoke.
- Puts young children at high risk for sudden infant death syndrome (SIDS), asthma, bronchitis and pneumonia.
- Causes 3,000 lung cancer deaths and more than 22,000 deaths from heart disease every year among adults who do not smoke.
- Hurts pets, too!

How can you avoid secondhand smoke?

You can be exposed to secondhand smoke at home, work and in public places. Here's how you can protect yourself.

- Sit in "no smoking" sections when you eat out or travel.
- Ask friends and family at home and work to smoke away from you and your children.
- Support laws that protect your right to clean air.
- If someone you love smokes, help him or her quit.
- Put "no smoking" signs or stickers in your home, car and office.



You have a right to clean air!

For more facts, talk to your doctor or nurse.
Or call (800) LUNG-USA (1-800-586-4872)
to learn more about smoking laws. You have a
right to clean air!



Customer Care Center: 1-866-781-5094
TTY line for members
with hearing and
speech loss: 1-866-773-9634



Source: Centers for Disease Control and Prevention

This information is being provided for general information purposes only and is not the practice of medicine or a substitute for the independent medical judgment of a treating physician. Only a treating physician can determine what treatment is appropriate for a patient.

BlueChoice HealthPlan is an independent licensee of the Blue Cross and Blue Shield Association.

Medicaid managed care administered by WellPoint Partnership Plan, LLC, an independent company.

© 2008

0807 SC0009347WEB 5/08