



Protect your loved ones from tobacco smoke

At Alameda Alliance for Health (Alliance), we are here to help you take charge of your health. You can use this guide to learn about the dangers of smoking and the harmful effects it has on you and your family.

The smoke from cigarettes harms the health of the smoker and the people around them. Even after the cigarette is put out, the smoke stays on hair, clothing, toys, and indoor surfaces. Keep you and your family safe from tobacco smoke.

Secondhand smoke is the smoke you breathe in when someone else is smoking. It could come from the burning end of a cigarette or breathed out by a smoker.

If you've ever smelled smoke on a smoker's clothes or in a room where no one is smoking, you know what **thirdhand smoke** is like. This is the toxic residue that remains long after the cigarette is smoked.

WHY IS TOBACCO SMOKE HARMFUL?

- **Tobacco smoke contains at least 250 toxic chemicals.** More than 50 of them can cause cancer. The smoke contains chemicals that are in rat poison, lighter fluid, and batteries.

Some of the chemicals in thirdhand smoke are not the same because the smoke changes over time. It can become even more toxic.

- **Tobacco smoke harms nearly every organ of the body.** People who smoke or who breathe it in are more likely to get lung cancer, heart disease, asthma, and other health problems.
- **Tobacco smoke hurts babies, kids, pregnant people, and your pets.** Smoke hurts babies and kids more than adults because their bodies are small and still growing. It also harms a baby's development before they are born.



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KEEP YOUR FAMILY HEALTHY AND SAFE

- If you smoke, quit. Talk to your doctor about making a plan and medicines that can help you quit.
- If you cannot quit now, there are ways to keep smoke away from others:
 - Avoid smoking in your home, car, or places where your family spends a lot of time.
 - Wear a jacket you only use when you smoke to keep smoke off your clothing. Leave it outside and wash your hands and face when you are done.
- Make your home and car smoke free. Do not allow anyone to smoke in or near your home.
- If your family members are smokers, work with them to find outdoor places and times for smoking. Ask them to think about quitting.
- Make sure your children's day care, schools, and babysitters are tobacco-free or nonsmoking.
- Be a good role model by not smoking. Teach your children to stay away from secondhand smoke.
- If your home smells like tobacco smoke, you may need to replace bedding, furniture, or other surfaces to reduce thirdhand smoke.

HELP TO QUIT SMOKING

Looking for help to stop smoking? Kick It California can help you quit. Call them toll-free at **1.800.300.8086** (interpreter offered). Visit their website at **kickitca.org** (English, Spanish, Chinese, Vietnamese).

You can also find tools and tips to quit on **www.smokefree.gov** (English, Spanish).

Do you need more support?

Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577**

Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments

(CRS/TTY): **711/1.800.735.2929**

www.alamedaalliance.org

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