



SMOKE-FREE ENTRYWAYS – REDUCING THE HEALTH HAZARDS OF SECONDHAND SMOKE

What is secondhand smoke and what's wrong with it?

Customers and employees are exposed to secondhand smoke when they enter and exit buildings where people are smoking outside, or when smoke drifts into a building through doors or windows.

- *Secondhand smoke* causes the death as many as 53,000 people each year in the United States.
- Eleven major health problems are caused in nonsmokers by *secondhand smoke* including respiratory disease, lung and nasal sinus cancer and heart disease.
- Many nonsmokers exposed to *secondhand smoke* suffer immediate symptoms including breathing difficulties, eye irritation, headaches, nausea, and asthma attacks.
- Because their lungs are not fully developed, young children are particularly susceptible to *secondhand smoke*. Exposure to *secondhand smoke* is associated with an increased risk for sudden infant death syndrome (SIDS), asthma, bronchitis, and pneumonia in young children.

Businesses in Monterey County are already taking action!

Last year, Rodeo Bowl Lanes, Chevy's, Los Arcos Restaurant, and many others, took steps to reduce involuntary exposure to *secondhand smoke* in the community. Considering the fact that 83% of Californians do not smoke, this decision just made sense.

What can you do?

Create a smoke-free entryway! By prohibiting smoking within 20 feet of any doors or windows at your business, you are helping reduce involuntary exposure to *secondhand smoke* in your community. Steps to a Healthier Salinas will provide you with a **free** window decal that declares the entryways smoke-free.

Remember:

- Businesses that eliminate smoking around the doorway create a cleaner, friendlier entrance that attracts customers.
- Smoke-free entryways reduce legal liabilities of exposing people to the health hazards of *secondhand smoke*, especially those with asthma, disabilities and chronic health problems.
- Your customers and employees will thank you!

Make your business a healthy place to eat, breathe, shop and work!

***Please contact Elan Bobay at (831)755-4625 or Cristina Pitts at (831)755-4619
to receive your free decal or if you have any questions.***

