



Be tobacco free!

# Everyone benefits

*3 Steps to Turn this Message into ACTION*

## 1. Protect others from secondhand smoke:

- If you smoke or use tobacco in any form, do it outdoors.
- Do not allow tobacco usage in your home or car.
- Avoid restaurants and other places that are not smoke-free.

## 2. Protect others from thirdhand smoke:

This is remnants of secondhand smoke – toxic gases that linger in the air, on carpet and furniture, and on a person's clothing, skin, and hair. Thirdhand smoke is increasingly recognized as a potential danger, especially to infant children. Follow the same protections as for secondhand smoke.

## 3. Start getting health benefits the same day you have your last cigarette:

- 20 minutes after quitting, blood pressure and heart rate drop.
- 12 hours after quitting, the carbon monoxide level in the blood drops to normal. Blood oxygen level increases to normal.
- 2 weeks to 3 months after quitting, the risk for a heart attack begins to drop. Lung function begins to improve.
- 1 to 9 months after quitting, coughing and shortness of breath decrease.
- 1 year after quitting, the added risk of coronary heart disease is half that of a smoker's.
- 5 years after quitting, the risk for stroke is reduced to that of a nonsmoker's.
- 10 years after quitting, lung cancer death rate is about half that of a smoker's. The risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.
- 15 years after quitting, the risk of coronary heart disease is back to that of a nonsmoker's.

