



Smoke-Free Colusa County Newsletter

The Smoke-Free Colusa County Subcommittee, part of the Colusa County Partners for Health, aims to improve the health of Colusa County residents through education and promotion of a tobacco-free lifestyle.

[Visit our website!](#)

Protect Yourself from Secondhand Smoke



According to the Center for Disease Control and Prevention, Secondhand smoke exposure occurs when people breathe in smoke breathed out by people who smoke or from burning tobacco products. There is no safe level of exposure to secondhand smoke. Even brief exposure can cause serious health problems and be deadly.

How Harmful is Secondhand Smoke?

Commercial tobacco smoke contains hundreds of harmful chemicals. There are more than 7,000 chemicals in commercial tobacco smoke, including hundreds of chemicals that are toxic and about 70 that can cause cancer.

Here are just a few of the chemicals and toxins in commercial tobacco smoke:

- Benzene: found in gasoline.
- Butane: found in lighter fluid.
- Ammonia: used in household cleaner.
- Toluene: used in paint thinner.
- Cadmium: used in making batteries.
- Hydrogen cyanide: used in chemical weapons.

Brief exposure can cause serious health problems. Secondhand smoke can cause coronary heart disease, stroke, and lung cancer in adults who do not smoke. Infants and young children are especially impacted by health problems caused by secondhand smoke because their bodies are still growing. Children exposed to secondhand smoke are at an increased risk for:

- Acute respiratory infections
- Middle ear disease
- More frequent and severe asthma
- Respiratory symptoms
- Slowed lung growth

How to Protect Yourself and Others from Secondhand Smoke

The most common place of exposure to secondhand smoke are in one's home or their place of work. Public places such as casinos, bars, restaurants, etc., have a high contribution to secondhand smoke exposure.

The harm caused by secondhand smoke is preventable. Eliminating smoking is the only way to fully protect people from secondhand smoke exposure. Comprehensive smokefree laws and policies that prohibit smoking in all areas of indoor spaces are the only way to fully protect people who do not smoke

from secondhand smoke exposure. Comprehensive smokefree laws and policies can also help people quit smoking and can help keep young people from starting to smoke. These laws and policies must be applied equitably to ensure that all people have a fair and just opportunity to breathe smokefree air and be as healthy as possible.

- For more information regarding secondhand smoke exposure and prevention visit: [About Secondhand Smoke](#)
 - For more information regarding tobacco education, prevention or awareness, please contact Colusa County's Tobacco Education program at (530) 458-0391.
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Colusa County Partners for Health Meeting

The next Colusa County Partners for Health meeting will be announced to those subscribed to the e-mail list. Please e-mail mariza.manson@countyofcolusa.com to receive updates on meetings and coalition activities.

Resources

Interested in a meeting or community presentation to learn more about secondhand smoke, thirdhand smoke, tobacco marketing towards youth, or the Colusa County Tobacco Education Program?

Contact us directly to schedule an appointment:

Colusa County Tobacco Education Program Contact:

Mariza Manson

Phone: (530) 458-0391

<http://www.countyofcolusa.org/tobaccoeducation>



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