



KEEP IT SACRED KEEP IT CLEAN **KEEP IT SMOKE FREE**

One of the best ways to reduce the harmful effects of secondhand and thirdhand smoke is to put an end to smoking in your home.

DID YOU KNOW?

- » The **home is the most common place** where people are exposed to secondhand smoke.
- » There is **no safe level of exposure** to secondhand smoke.
- » Breathing secondhand smoke can cause **asthma, heart disease, cancer, and Sudden Infant Death Syndrome (SIDS)**, as well as **make chronic illness worse**. Secondhand smoke is most harmful to **children, older adults, and people with disabilities**, yet they are the least able to avoid it.
- » **Thirdhand smoke is a toxic residue** that is left behind after smoking and builds up on floors, walls and furniture as well as on smokers' hair, skin and clothing. Young children and pets are particularly vulnerable to ingesting thirdhand smoke.

HOW TO REDUCE SECONDHAND SMOKE EXPOSURE

- » Do not smoke commercial tobacco inside or immediately around your home.
- » Post "No-Smoking" signs on your door.
- » Ask family and friends not to smoke in your home.

IF YOU CURRENTLY USE COMMERCIAL TOBACCO AND WOULD LIKE HELP QUITTING

- » Check with your **local tribal health clinic** for information on cessation.
- » Contact California Smoker's Helpline at **1-800-NO-BUTTS**
- » Contact the American Indian Commercial Tobacco Program (AICTP) at **1-855-372-0037**



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1. U.S. Department of Health & Human Services. *The Health Consequences of Smoking - 50 Years of Progress: A Report of the Surgeon General*. 2014.
2. American Academy of Pediatrics. *Thirdhand Smoke: A Threat to Child Health*. 2018.
3. U.S. Food and Drug Administration. *Be Smoke-free and Help Your Pets Live Longer, Healthier Lives*. 2017.