



GOING SMOKE FREE MATTERS IN YOUR HOME & VEHICLE

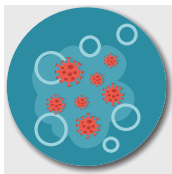
TYPES OF SMOKE EXPOSURE



Firsthand smoke is the smoke inhaled by the person who is smoking.



Secondhand smoke is the smoke exhaled by a person smoking or released from the end of a burning cigarette.



Thirdhand smoke is the toxic residue that sticks to surfaces & dust after the smoke clears. **Children are most at risk** of thirdhand smoke exposure, but anyone can be exposed by touching contaminated surfaces, eating contaminated objects or dust, or breathing in contaminated air.

TIPS FOR A SMOKE FREE ENVIRONMENT

- Do not allow smoking inside your home or vehicle.
- Store tobacco in the trunk or in another out-of-reach area while you drive.
- Smoking just once in a vehicle fills the seats and other materials with toxins, even with the windows open. It is best to never smoke in a vehicle that transports children.
- E-cigarette vapor or aerosol also contains chemicals. Do not let anyone use e-cigarettes in your home, vehicle, or near your child or pet.



Important: There is no safe amount of secondhand smoke exposure.

EFFECTS OF SECONDHAND SMOKE

Secondhand smoke & its harmful chemicals are known to cause the following:



AMONG BABIES & CHILDREN:

- Sudden Infant Death Syndrome (SIDS)
- Lung problems
- Ear infections
- Asthma attacks



AMONG ADULTS CAN CAUSE:

- Heart disease
- Stroke
- Lung Cancer

START YOUR QUIT TODAY

The only way to completely protect against secondhand and thirdhand smoke is to quit tobacco. Many people who use tobacco want to quit and it may take several tries to quit tobacco or vaping. The good news: FREE help is available to all Kansans through the **Kansas Tobacco Quitline**.

- Available 24 hours a day, 7 days a week online and by phone at KSquit.org or 1-800-QUIT-NOW.
- Trained coaches provide participants support and help them create an individual plan to quit tobacco use and fight cravings.
- Free nicotine replacement therapy to those who qualify.
- Tailored programs available for KanCare recipients, pregnant women, American Indians, people with behavioral health conditions or substance abuse disorders, and people with chronic diseases.



For free help to quit smoking and vaping, call 1-800-QUIT-NOW. You may be eligible for free nicotine replacement therapy.

KanQuit!
1-800-QUIT-NOW (784-8669)
KSquit.org

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