

## HV Student Support Services Center

845-255-4874

email: [cmiller@mhrhc.org](mailto:cmiller@mhrhc.org)

<http://cshw.ucboces.org> (Tobacco)

### TFAC of Ulster County

845-943-6070 x1

[www.tobaccofreeactioncoalition.org](http://www.tobaccofreeactioncoalition.org)

### POW'R Against Tobacco

914-347-2094 x15

[www.powragainsttobacco.org](http://www.powragainsttobacco.org)

### Reality Check

[www.realitycheckny.com](http://www.realitycheckny.com)

### New York State Quitline:

1-866-NYQUITS

(1-866- 697-8487)

info and counseling

[www.nysmokefree.com](http://www.nysmokefree.com)

## Benefits of a Smoke Free House and Car

You will remove all the health risks associated with SHS...Plus:

- Less time lost from work due to illness
- Less money spent on medications
- More positive role model for children.
- Home smells much better
- Children's clothes smell better at school
- Tar will not coat walls, windows, and computer electronics
- No more fallen ashes that damage furniture
- Reduction in fire risk: Cigarettes are the #1 cause of structure fires which result in death and injury
- Home will be healthier and more pleasant when friends who do not smoke visit
- Pets will be healthier- SHS also increases the risk of lung cancer in pets

## Protect Your Family From Secondhand Smoke...

### Know the Facts



Hudson Valley  
Student Support Services  
Center  
At Ulster BOCES

## What is in Secondhand Smoke (SHS)?



- 4,000 chemicals- from Acetone to Zinc
- 200 poisons- many odorless, invisible
- 60+ chemicals that cause cancer, e.g., tar, benzene, formaldehyde, cadmium
- Hydrogen cyanide, arsenic, and sulfur dioxide cause respiratory diseases
- Nicotine and carbon monoxide increase heart rate and blood pressure - cardiovascular damage
- Polonium 210 and uranium 235 are nuclear waste products

### SHS is Deadly

Every year in the United States:

About 60,000 nonsmokers die from SHS mostly from heart disease

3,000 nonsmokers die of tobacco related lung cancer

Just 30 minutes of exposure to SHS significantly increases the

## Effects of SHS on Children



Each year in the U.S. SHS is causes:

- 10,000+ American infants born with lower than normal birth weight.
- 900+ Sudden Infant Death Syndrome (SIDS)
- 2,000,000+ ear infections
- 400,000+ bronchitis
- 500,000+ doctor visits for asthma



### There is no "safe level" of exposure to SHS.

Exposure to SHS:

- Increase likelihood of becoming a smoker
- Reduces lung development
- Increases risk of developing cancer and heart disease

## Effects on Learning

Even a small amount of SHS can hinder a child's learning ability, affecting...

Reading, Math, Reasoning skills

21.9 million U.S. children have reading skills reduced by SHS

27% of U.S. homes allow smoking inside with 38% of children under 5 years are exposed

