

ASH

ACTION
ON SMOKING & HEALTH

Dedicated to ZERO Tobacco Deaths

WE SHARE THE AIR

If you smoke indoors, we all pay the price with our lungs

Please step outside to smoke tobacco or marijuana. Thank you!

Smoking indoors is a health hazard to you, everyone in your household, your pets, and everyone living in your apartment building.

Aside from the fire risk, secondhand smoke travels quickly through vents, heat/AC units, and doors, filling all of your neighbors' units with toxic smoke they cannot escape.

This is a problem because secondhand smoke kills 41,000 nonsmoking Americans a year.

There is no safe level of exposure to secondhand smoke. Those with asthma or respiratory issues are at even greater risk.

Roughly 80% of smokers want to quit. If that's you, **the CDC offers free quit support if you call 1-800-QUIT-NOW or visit smokefree.gov.**

Cold turkey is the hardest way to quit; let the CDC team help you reach your goal more effectively. And in the meantime, please be mindful of your neighbors and step outside, away from windows, to smoke.

Visit ash.org for more information.