

# *Living*

## SMOKE-FREE IN NEW MEXICO

Our time indoors should be spent breathing healthy air. Therefore, everyone deserves smoke-free living. Learn more today on how to protect your home from the dangers of secondhand smoke exposure.



NEW MEXICO  
DEPARTMENT OF  
HEALTH

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IN NEW MEXICO

For more information call us at: 505-265-0732

Email: [info@SmokeFreeAtHomeNM.org](mailto:info@SmokeFreeAtHomeNM.org)

Visit us online at:

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

# SECONDHAND SMOKE

...is smoke that is exhaled or comes off burning commercial tobacco, which is then inhaled by others, including nearby nonsmokers and pets.



There is no safe level of exposure to secondhand tobacco smoke.



Secondhand smoke contains 7,000 chemicals, and at least 70 are known to cause cancer.



Babies exposed to secondhand smoke are at an increased risk for Sudden Infant Death Syndrome (SIDS).



Exposure to secondhand smoke is known to cause heart attacks, strokes and lung cancer.



Pets breathing secondhand smoke are 3 times more likely to develop cancer and breathing problems.



It is impossible to prevent cigarette smoke from filtering through the walls between units.

## THIRDHAND SMOKE

...is the harmful residue that clings to virtually all indoor surfaces long after the secondhand smoke from a cigarette has cleared out.



Components found in thirdhand smoke have been proven to cause DNA damage.

Take steps to protect yourself and your family from secondhand and thirdhand commercial tobacco smoke, such as making your home and vehicles smokefree.



***Get more info today!***

Contact: **Smoke Free Signals**  
smokefreesignals@gmail.com

**(505) 314-5520**

Secondhand Smoke Protections  
in Tribal Communities