

## Clearing the air.

### Who's affected by secondhand smoke?

Adults, children, and pets who live with smokers. About 3,000 Americans who don't smoke die of lung cancer due to secondhand smoke every year! And more than 35,000 die of heart disease from secondhand smoke. Children who live with smokers have a higher risk for asthma, bronchitis, and ear infections. Babies exposed to secondhand smoke in their homes are at risk for Sudden Infant Death Syndrome (SIDS). Dogs and cats are also at increased risk for cancer.

### I only smoke in the bathroom, won't that help?

NO! Opening a window or using a fan or other ventilation won't eliminate secondhand smoke exposure. A smoke-filled room has up to six times the air pollution of a busy highway.

### What if I'm not ready to quit?

Make your home smoke-free; only smoke outside. Ask people not to smoke around your children. Teach your children to stay away from secondhand smoke. Make sure the places where your children spend their time are smoke-free (day care, baby sitter, friends' homes, etc).

**1-800-55-66-222 • [ashline.org](http://ashline.org)**

ASHLine is a part of:



Mel and Enid Zuckerman  
College of Public Health

TobaccoFreeArizona  
.com

# ASHline

A lit cigarette with a white filter and a yellow tip, positioned vertically between the letters 'H' and 'l' in the word 'ASHline'.

## Arizona Smokers' Helpline

**1-800-55-66-222**

**[ashline.org](http://ashline.org)**



“Every time I call the ASHLine people are so encouraging and pleasant; it really helps me continue trying to quit!”

— Chris, age 37

**We can help.** Want to quit tobacco but feeling lost? ASHLine can help you find your way. Work with a certified coach to develop a plan that works! Your quit plan may include:

**Coaching calls** scheduled at your convenience to keep you on track

**Medication assistance** available for quit tobacco medications like the nicotine patch, gum, lozenge, inhaler, nasal spray, Zyban™, and Chantix™

Self-paced, **online quit services** available at [www.ashline.org](http://www.ashline.org)

Your coach will work with you on the issues that matter to you most — whether it's nicotine cravings, trouble concentrating, or building a support network to help you stay tobacco-free.

**Did you know?** The benefits of quitting tobacco begin right away.

In fact, within...

- 20 minutes** your heart rate returns to normal.
- 8 hours** carbon monoxide leaves your system and your oxygen level returns to normal.
- 24 hours** your chance of having a heart attack drops.
- 48 hours** your ability to smell and taste improves.
- 72 hours** your lung capacity increases and breathing becomes easier.
- 2 weeks – 3 months** your circulation improves and your lungs become stronger.
- 1 month – 9 months** the lining of your lungs begins to re-grow, fatigue and shortness of breath start to go away, and your overall energy level goes up.
- 5 years** your chance of dying from lung cancer drops by almost half!
- 10 years** your chance of dying from lung cancer is about the same as a never-smoker!