

BREATHE EASIER THIS SPRING: REDUCE SECONDHAND SMOKE



With spring in full-bloom, people will be spending more time outside, possibly increasing their exposure to secondhand smoke. Challenge Military Service members to reduce secondhand smoke exposure this month by creating a quit plan and avoiding designated tobacco use areas. Share the following information in casual conversation, at meetings, on social media or via email:

- ▶ Secondhand smoke can stay in the air for several hours and travel up to 20 feet. Rethink joining your buddy at the designated tobacco area during your next break. ([Source](#))
- ▶ Maybe you're not worried about how secondhand smoke affects you, but what about how it affects your pets? Smoking can harm dogs, cats, birds, guinea pigs and even fish. ([Source](#))
- ▶ Protect your children by avoiding areas where people smoke. Exposure to secondhand smoke makes your children more likely to develop bronchitis, pneumonia and ear infections. ([Source](#))
- ▶ Think you know everything about secondhand smoke? Test your knowledge with this [online quiz!](#)

THE CAMPAIGN

- ▶ Keep your eye out for UCanQuit2's new Tobacco Cessation Resources guide, coming soon. You will be able to provide this double-sided handout to Military Service members who use tobacco. Encourage them to check out the resources under "Thinking About Quitting" and "Ready to Quit." There will also be a version that allows you to type your local tobacco cessation resources in the empty box.
- ▶ Have you seen our new animated graphic on social media? Check it out on [Facebook](#) and [Instagram](#).
- ▶ [World No Tobacco Day](#) is next month on May 31st. Learn more about this international day of awareness, and begin brainstorming ways to get involved.

ONE LAST THING



Do your Military Service members smoke hookah? They may have heard that hookah is less harmful than smoking cigarettes, but that is not true! Learn more about the [health effects of hookah use and secondhand hookah smoke](#) and educate Military Service members the next time they defend the habit.



Share how you use our resources to promote tobacco cessation on your installation.

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