

CHOKER
SUFFOCATE
RUSH
SUFFOCATE
SMOTHER
ASPHYXIA
PANIC

**Asthma is the most common
chronic disease among children.**

Exposing a person with asthma to secondhand smoke is an act of violence.

That may sound like an overstatement, even hysteria, if you've never experienced an asthma attack or helped someone survive one.

To understand how serious this disease is, imagine what the airway of a person with asthma looks like. The muscles are abnormally tightened, the lining is inflamed and very sensitive.

Now let's add an irritant into the air, secondhand smoke. To someone with asthma it's not just an irritant — it's the last straw. The cells produce even more mucous. The lining becomes even more swollen. The muscles tighten even more. The airway gets narrower and narrower making it harder and harder to breathe until no matter how hard you try, you can't pull in enough air. Until you can't pull in any air.

People can survive a severe asthma attack. People can also die from one. In fact, 5,000 die of asthma, every year. Many of them, children.

Overstatement? Hysteria?

Truth.





There is no safe level of exposure to secondhand smoke.

Is secondhand smoke merely irritating, something that in a free society we should tolerate? Or is it something more serious?

The debate ended on Tuesday, June 27, 2006.

That's the day the Surgeon General released a major new report. It concluded that secondhand smoke causes disease and death in children and nonsmoking adults.

It concluded that exposure to secondhand smoke is responsible for an increase in asthma attacks for up to one million children.

It concluded that separating smokers into a smoking section cannot eliminate the danger. The only way to protect nonsmokers is to ban smoking from indoor spaces.

It concluded that there is no safe level of exposure to secondhand smoke.

Given that, how can we let smoking in public continue any longer?

Secondhand smoke contains at least 250 toxic chemicals.



**SPEED
LIMIT
10**



**ATTENTION:
ALL STAFF,
STUDENTS,
& VISITORS
THIS IS A
TOBACCO-FREE
CAMPUS**

Holding your breath won't protect you from secondhand smoke. **Speaking out will.**

Infants and toddlers are especially vulnerable to the health risks from secondhand smoke. Do not allow childcare providers or others who work in your home to smoke.

If you're a smoker, choose not to smoke in your home and car and do not allow family and visitors to do so.

Lastly, there is help to quit smoking. Please call 1-800-QUIT NOW for more information on how you can quit, or how you can help someone you care about quit.

This isn't about "choice" anymore. It's about your health. It's about protecting children. It's about saving lives.

It's about time.

Asthma is just one chronic disease caused and made more severe by secondhand smoke. To learn more, visit the following:

www.cdc.gov

www.epa.gov

www.tobaccofreekids.org

www.lungusa.org

www.cancer.org

www.no-smoke.org

RESCUE
SAVE
LIBERATE
RELEASE
FREE
RELAX
BREATHE

Iowa Department of Public Health
Iowa Asthma Control Program and
Tobacco Use Prevention & Control Division

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