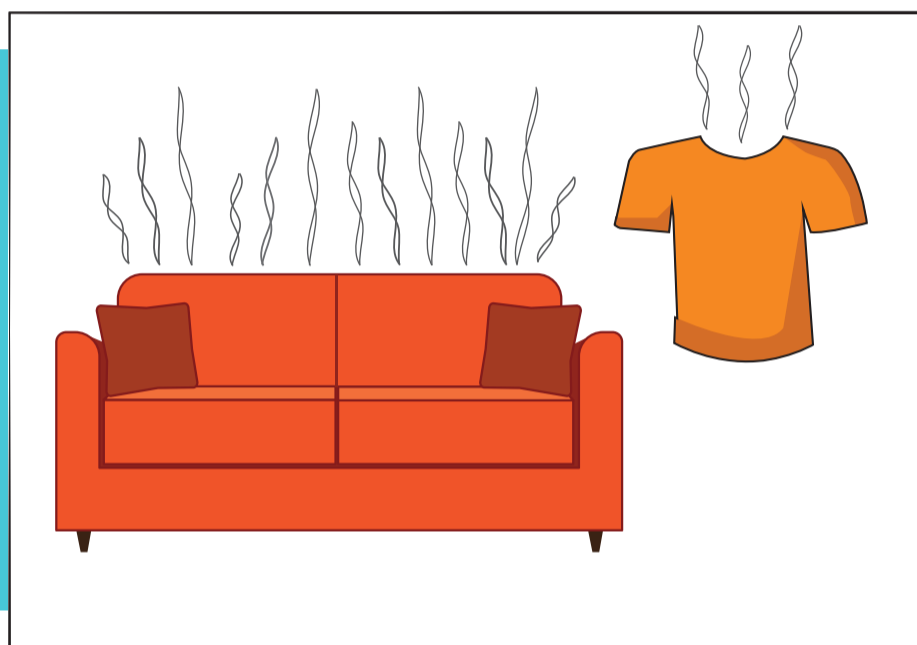
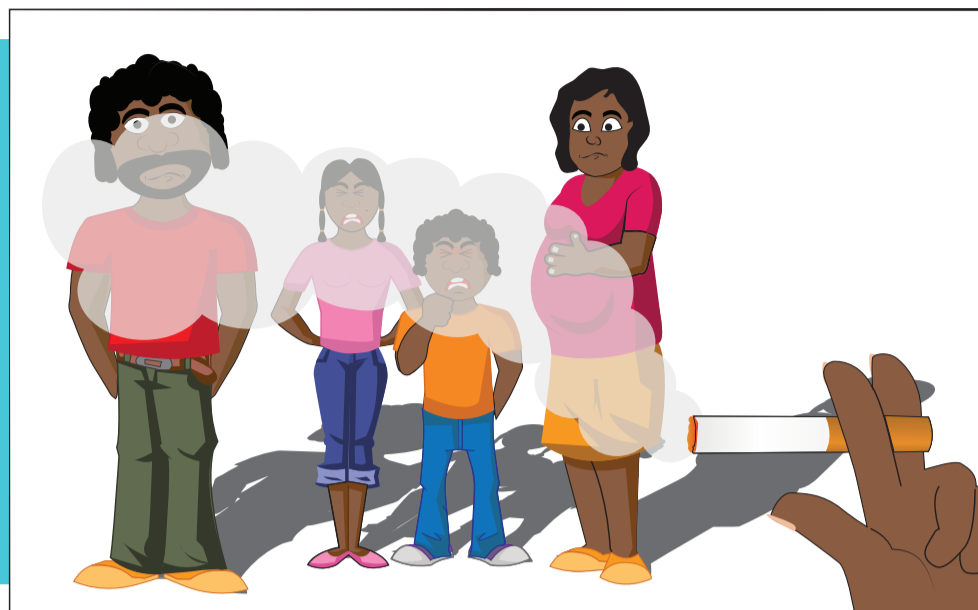


WHAT IS SECOND-HAND SMOKE?

Second-hand smoke (or passive smoking) is when someone breathes in:

Smoke blown out by a smoker
AND
Smoke from the end of the burning cigarette¹



WHAT IS THIRD-HAND SMOKE?

Third-hand smoke is a tobacco layer that stays on surfaces and in dust after smoking. It is adsorbed into walls, furniture, clothes, toys and other objects. These poisons from smoking re-enter the air over time.²

HEALTH IMPACTS OF SECOND-HAND SMOKE

- Second-hand smoke can cause:
 - Cough, wheezing, chest infections, eye irritations, chest infections³
 - Ear infections
 - Sudden Infant Death Syndrome (SIDS)³
 - Lung cancer¹
 - Premature death in non-smokers¹
- Children are at a higher risk of health problems due to their young lungs³
- There is no known safe level of second-hand smoke¹



HOW TO REDUCE THE HARMS OF SECOND-HAND AND THIRD-HAND SMOKE

- Try to quit smoking
- Stop smoking inside your home and car
- Don't smoke near open doors and windows
- Wash your hands and face after each cigarette
- Change your clothes after you've smoked or wear a smoking shirt while smoking
- Stop smoking near your children
- Yarn with your Tackling Indigenous Smoking (TIS) Worker or your local clinic



TOBACCO LAWS IN QUEENSLAND



NO SMOKING SIGNAGE

- No smoking signs clearly show where smoking is not allowed
- No smoking signs can raise awareness of tobacco laws and smoke free policies
- No smoking signs should be displayed in clear view
- Designated smoking area signs can be used to show accepted smoking areas

BENEFITS OF NO SMOKING PLACES

- Protects people from the health risks of second-hand smoke, particularly children
- Demonstrates good role modelling for young people to stop them from picking up the habit
- Supports people to stay smoke free, cut down or quit smoking
- Complies with the tobacco laws in Queensland and organisational smoke free policies

We Share the Air

