

Talking Points – I Care About Smoke-Free Air

Slide 1: Title

Slide 2: Secondhand Smoke

Talking Points:

- Secondhand smoke is the smoke that we breathe in when in the presence of someone who is smoking.
- Secondhand smoke can come from tobacco cigarettes, e-cigarettes, hookah, or any other device that generates smoke.
- Secondhand smoke is just as harmful as if you were to smoke the cigarette yourself.
- Children are at a significantly higher risk for health complications from secondhand smoke.

Slide 3: YouTube Video

Slide 4: Thirdhand Smoke

Talking Points:

- We often forget that even though the smoke dissipates, the residue from the smoke lingers on our walls, clothes, carpet, and hair.
- Simple actions such as hugging someone who just smoked a cigarette or sitting in the same spot as someone who just smoked a cigarette puts us at risk of thirdhand smoke exposure. We can no longer see the smoke, but the particles from that cigarette linger on that person and can be transferred to someone else.
- When smoke dissipates, the particles fall on all surfaces like furniture, clothes, and flooring. As a result, our pets will often lick the residue of the tobacco smoke from floors or furniture. Also, if there are small children in the home, they may crawl and play on areas covered by thirdhand smoke residue.
- Although we can't see these particles, they do cause harmful health effects.

Slide 5: YouTube Video

Slide 6: Who Does Second- and Thirdhand Smoke Harm?

Talking Points:

- Secondhand smoke affects everyone who is close enough to breathe in the smoke from the smoker's cigarette. If you happen to take a breath near someone who is smoking, you have just been exposed to secondhand smoke and its effects.
- In households where there is at least one smoker, children and/or other residents are generally exposed to significant amounts of secondhand smoke.
- Even if the smoker within the household decides to not smoke inside, the residue of the smoke lingers on their hair and clothes. The smoke residue is brought back into their home/car/environment where it can contaminate those who are not smokers.

Slide 7: You Have a Voice!

Talking Points:

- **If the smoker has the right to smoke, then you have the right to protect yourself from second- and thirdhand smoke exposure.**
- Speak up and be a leader within your community by respectfully discussing the importance of quitting and supporting a smoke-free community.

Slide 8: Tobacco Advocacy

Talking Points:

- AAR: ⁵
 - Ask
 - Advise
 - Refer
- This is the model that many quitlines nationwide follow to help smokers quit.
- Other healthcare providers, doctors, pharmacies, schools, etc. also follow up with smokers in this manner to show support and provide accountability.
- Understanding and following the AAR Model will be helpful if you encounter someone who is interested in quitting or someone who is at least thinking about quitting.

Slide 9: Thank You!

- Contact Information

References:

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3. "Third hand Smoke: What Are the Dangers To Nonsmokers? – Mayo Clinic".
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4. "Third hand Smoke". YouTube. N.p., 2016. Web. 16 Aug. 2016.
5. "Ask, Advise, Refer: Promotion Pharmacy-Based Referrals To Tobacco Quit-Lines |
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