

# Talking Points – I Care About Smoke-Free Air

## Slide 1: Title/Introduction

## Slide 2: Second Hand Smoke

### *Talking points:*

- *Second hand smoke is the smoke that we breathe in when in the presence of someone who is smoking.*
- *Second hand smoke can originate from tobacco cigarettes, e-cigarettes, hookah, or any other device that generates smoke.*
- *Second hand smoke is just as harmful as if you were to smoke the cigarette yourself. Point out stats in the image on the slide.*

## Slide 3: YouTube Video

## Slide 4: Third Hand 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 third*

*hand smoke exposure. We can no longer see the smoke but the particles from that cigarette linger 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 will crawl and play in the third hand smoke residue.*
- *Remember, even though we can't see these particles, they do cause harmful health effects.*

Slide 5: YouTube video

Slide 6: Who does second and third hand smoke harm?

*Talking points:*

- *Second hand smoke affects everyone who is close enough to breathe in the smoke from the smoker's cigarette. If walking down the street you pass by someone smoking and breathe in the cigarette smoke, you have just been exposed to second hand smoke and its effects.*
- *In households where there is at least one smoker, the residue of the smoke lingers on their hair and clothes. Even if they decide to smoke outside, the smoke residue is brought back into their home/car/environment where it can contaminate those who are not smokers.*
- *Children and/or other residents are significantly exposed to secondhand smoke. Children in particular are at a significantly higher risk for health complications from secondhand smoke.*

Slide 7: Health effects of secondhand and thirdhand smoke

- As we said everyone is affected by second and thirdhand smoke and these are some the consequences of being exposed.
- Exposure has been linked to lung cancer and cancers of the larynx, nasopharynx, nasal sinuses, and even breast.
- In children, there is a possible link between SHS exposure and lymphoma, leukemia, and brain tumors.
- Furthermore, infants and children who are regularly exposed to thirdhand smoke are at higher risk for sudden infant death syndrome, asthma complications, and ear infections.

Slide 8: You have a voice!

*Talking Points:*

- ***If the smoker has the right to smoke than you have the right to protect yourself from second and third hand smoke exposure.***
- *In a respectful manner, it is advised that you speak up and be a leader within your community by discussing the importance of quitting and supporting a smoke-free community.*

Slide 9: How to be a tobacco advocate

- AAR: <sup>5</sup>
  - Ask
  - Advise
  - Refer

*Speaker talking points:*

- *This is the model that many quit lines 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 10: Thank you!

References:

1. "Health Risks Of Secondhand Smoke". *Cancer.org*. N.p., 2016. Web. 16 Aug. 2016.
2. "Second Hand Smoke". *YouTube*. N.p., 2016. Web. 16. Aug. 2016.
3. "Third hand Smoke: What Are the Dangers To Nonsmokers? – Mayo Clinic". *Mayoclinic.org*. N.p., 2016. Web. 16 Aug. 2016.
4. "Third hand Smoke". *YouTube*. N.p., 2016. Web. 16 Aug. 2016.
5. "Ask, Advise, Refer: Promotion Pharmacy-Based Referrals To Tobacco Quit-Lines | Center For Tobacco Control Research And Education". *Tobacco.ucsf.edu*. N.p., 2016. Web. 16 Aug 2016.