



Quit smoking

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## Be mindful of others, create a smoke-free home

When it comes to secondhand smoke exposure, there is no safe amount. Did you know the biggest risk of secondhand smoke exposure is at home? Studies have found that the home is where most children and adults breathe in secondhand smoke.

### What is secondhand smoke?

Secondhand smoke comes from the burning end of a cigarette, cigar or pipe that is exhaled by someone who is smoking nearby. This secondhand smoke can stay in the air for hours and travel up to 20 feet.

### How secondhand smoke affects our health

For babies and children, secondhand smoke exposure can cause:

- Sudden Infant Death Syndrome (SIDS)
- Lung problems
- Ear infections
- Asthma attacks

For adults, secondhand smoke exposure can cause:

- Heart disease
- Stroke
- Lung cancer

### Help reduce secondhand smoke exposure

You can help reduce secondhand smoke exposure to loved ones by not smoking in your home. Making the inside of your home a smoke-free zone is one way to protect others from secondhand smoke exposure.

### Call a health coach today

EOCCO members: Please call us at **877-277-7281** or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com) to talk to a health coach for support.

Non-EOCCO members: Learn about other quitting tobacco programs online at [quitnow.net/oregon](http://quitnow.net/oregon) or call **800-784-8669**. TTY users, please dial 711.



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