

There is NO SAFE LEVEL of SECOND-HAND SMOKE... Even Outdoors!

Exposure to second-hand smoke (SHS) can be as dangerous on restaurant patios, the beach or park as it is indoors

- it has over 4000 chemicals
- the toxic level can be as high as if in a smoke filled room
- it can cause many types of cancer, respiratory illnesses and heart disease
- children are more likely to suffer from coughing and wheezing, sore eyes and throat and asthma attacks
- cigarette butts can also contaminate sandboxes and beaches

Smoke-free outdoor spaces promotes healthier lifestyles

Studies show that smoke-free outdoor spaces can dramatically reduce heart attack rates and respiratory illnesses. Smoke-free outdoor spaces can:

- protect non-smokers from the harmful effects of SHS
- help smokers to quit
- encourage former smokers to remain smoke-free
- protect children from starting to smoke by providing good role models
- reduce litter

Let's Clear the Air

For more information, contact healthsante@ottawa.ca or call 613-580-6744.

Other Links

- Ottawa Public Health
- Physicians for Smoke-Free Canada
- Champlain Cardiovascular Disease Prevention Network
- Ottawa Council on Smoking and Health
- Tobacco-Free Sports and Recreation

