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Our Goal: Working with Medical Health Systems and Mental Health Systems to establish sustainable tobacco control.

Serving Chemung, Livingston, Monroe, Ontario, Seneca, Schuyler, Steuben, Wayne and Yates counties.

## Did you know...

- Secondhand Smoke is more harmful than first thought.
- Children, non-Hispanic blacks, people living in poverty and those who rent their housing are more likely to be exposed to secondhand smoke.
- Opening windows, or using air filters does not prevent people from breathing secondhand smoke.
- Most exposure to secondhand smoke occurs in homes and workplaces.

## To protect yourself and your family...

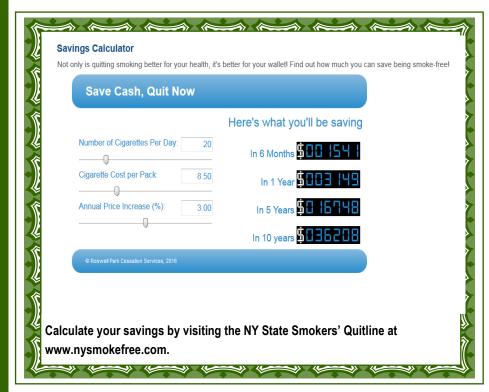
- If you smoke, talk to your doctor and stop smoking.
- Don't let anyone smoke in your home or car.
- Avoid places that allow smoking.

## October 2016 Newsletter Center for a Tobacco-Free Finger Lakes (CTFFL)

If you no longer wish to receive our newsletters or if you have suggestions for improvement, please contact <u>connie\_bottoni@urmc.rochester.edu.</u>



Even occasional smoking is harmful. Let the melody of your favorite song move you past the urge to smoke.



## CONTACT US:

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