

How does GASP work for you?

Your tax-deductible donation sustains programs that advocate for everyone's right to breathe smoke-free air, at work, in public places, and in multi-unit housing.

GASP's Goals and Objectives:

- Our top priority is to advocate for no-smoking policies in multi-unit communities and provide educational resources and technical assistance to landlords, residents, and housing associations.
- Increase GASP's outreach to diverse populations.
- Work to further protect Coloradans from secondhand smoke around building entrances and other outdoor public areas such as parks and stadiums.
- Oppose Big Tobacco's attempts to weaken smoke-free laws and policies.
- Conduct educational campaigns about the dangers of outdoor tobacco smoke.
- Support efforts to protect children from secondhand smoke in homes and cars.



Find out more. Visit our great online resources!

gaspforair.org

Visit our website to find listings of smoke-free restaurants, bars, and lodges, an education center with a variety of topics about the dangers of secondhand smoke, information on local and state smoking restrictions, along with other great resources.



mysmokefreehousing.org

An excellent resource to help landlords, residents, and people in the housing industry implement no-smoking policies in multi-unit residential buildings.

mysmokefreehousing.com

Find statewide listings of multi-unit housing with no-smoking policies.



breathcolorado.org

An educational resource on how secondhand smoke affects bar and restaurant workers, and how GASP is working towards improving smoke-free policies in Colorado workplaces.



Follow GASP on Facebook and Twitter.

<http://apps.facebook.com/causes/351417>

<http://twitter.com/smokefreeair>



2885 Aurora Avenue, Suite 37
Boulder CO 80303
(303) 444-9799
info@gaspforair.org

You have the right to breathe smoke-free air.



Working to protect Coloradans from secondhand smoke.
www.gaspforair.org

Secondhand smoke affects us all, but how dangerous is it?

- There are no risk-free levels of exposure.
- Exposure to small amounts of secondhand smoke can have immediate adverse effects on your cardiovascular system and increase the risk of a heart attack.
- Premature death in children and adults from heart disease, lung cancer, sudden infant death syndrome (SIDS), and other diseases have been linked to secondhand smoke¹.
- Children exposed to secondhand smoke have an increased risk of acute respiratory infections, ear problems, and more severe asthma¹.
- Secondhand smoke increases the risk of breast cancer in young women².
- Secondhand smoke has been declared a toxic air contaminant.²
- Secondhand smoke contains more than 250 chemicals such as hydrogen cyanide (used in chemical weapons), carbon monoxide (found in car exhaust), butane (used in lighter fluid), ammonia (used in household cleaners), and toluene (found in paint thinners). These chemicals are toxic and can cause cancer¹.
- Separating smokers from nonsmokers, filtering the air, and ventilating buildings does not eliminate your exposure¹.

GASP of Colorado

The Group to Alleviate Smoking Pollution (GASP of Colorado) is a nonprofit organization working to eliminate secondhand smoke from the air you breathe by advocating for smoke-free policies at work, in public places, and in multi-unit housing.

GASP works to educate businesses about the positive economic benefits of smoke-free policies, and provides technical assistance and educational resources that lead to smoke-free policies.

Smoke-free housing is better for your health and business.

Restaurants, bars, public places, and most workplaces in Colorado are now smoke-free by law. However, some people continue to experience serious health problems when secondhand smoke infiltrates into their multi-unit residences through doors, windows, or ventilation systems.

According to the U.S. Surgeon General, patching, sealing, and ventilating buildings does not eliminate the exposure of secondhand smoke¹. The only way to guarantee a safe and healthy living environment in multi-unit buildings is to prohibit smoking in all indoor areas.

Hundreds of multi-unit residential buildings have established no-smoking policies, and the list keeps growing. A smoke-free building saves money by reducing the costs of cleaning and repairing carpets, fixtures, window treatments, priming and painting walls, and general maintenance.



¹ The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General 2006.

² The California Air Resources Board

Support Clean Air Today!

Your tax-deductible contribution to GASP of Colorado is important and sustains programs that advocate for everyone's right to breathe smoke-free air.

With your donation of \$40 or more you'll receive our newsletter and a beautiful full-color "Welcome Smoke-Free" sign for your door or window.

Contributions may be made online by credit card at www.gaspforair.org, or by completing the form below and mailing your check made payable to **GASP of Colorado**.

Your Information (please print)

Name _____

Address _____

City _____ State _____ Zip _____

Phone (home) _____

Phone (work) _____

E-mail _____

Contribution Levels:

- \$ 40 Individual/Family
- \$100 Organization/Business
- \$250 Elite Member
- Other Amount: \$ _____

Send this form with your check to:

GASP of Colorado
2885 Aurora Avenue, Suite 37
Boulder, CO 80303-2252



www.gaspforair.org Thank you for your support!