

“Working a full shift was like puffing a pack a day. Take a tip from me, no tip is worth dying for.”

DIANE KASSNER | Career Waitress  
Second Avenue Deli

**Secondhand smoke kills** thousands of Americans a year.

It can bring on asthma attacks in children. Make a bad heart attack fatal. And could be increasing the risk of breast cancer among female restaurant staff by 40%.

Workers in restaurants, bars and casinos that allow smoking are exposed to 300-600% more secondhand smoke than if they live with a smoker at home.

Just 30 minutes' exposure has the same effects on blood and blood vessels as being a pack a day smoker.

No feasible ventilation system can protect your patrons or staff. Even tobacco companies that push such systems never claim they solve the health problem.

But going smokefree does.

In fact, medical studies find that hospitality workers breathe easier in just a few weeks.

Want to keep your business healthy? Get all the facts online, now, at [TobaccoScam.ucsf.edu](http://TobaccoScam.ucsf.edu)



**TOBACCO** Big Tobacco  
**scam** is lying.  
Again.

TobaccoScam is a project of Stanton Glantz, PhD, of the School of Medicine, University of California, San Francisco. San Francisco, CA 94143-1390.

Sponsored by *GASP of Colorado*  
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