

Facts

1 Each year in the U.S., secondhand smoke causes disease and nearly 50,000 deaths from heart disease, lung cancer, and sudden infant death syndrome (SIDS), among others.

2 The 2014 U.S. Surgeon General's Report states that there is no safe level of exposure to secondhand smoke.

3 Exposure to even small amounts of secondhand smoke can have immediate adverse effects on the cardiovascular system and can increase the risk of heart attack.

4 Children who are exposed to secondhand smoke have an increased risk of acute respiratory infections, more severe asthma, and ear problems.

5 Secondhand smoke can't be controlled using ventilation or air-cleaning systems, and up to 50% of the air in multiunit housing may be re-circulated throughout an entire building.

6 Secondhand smoke from tobacco products, from e-cigarette aerosols, and from marijuana smoke contain many chemicals that are toxic or can cause cancer.

7 Secondhand smoke from marijuana can cause lung irritation, asthma attacks, and higher risk for respiratory infections.

Find out more at gaspforair.org.

Find out more. Visit these online resources!

GASP of Colorado provides free on-line resources and materials on secondhand smoke and smoke-free policies.

gaspforair.org

Visit the GASP Education Center for information on a number of topics including:

- Colorado laws regulating smoking and their enforcement
- Information on secondhand smoke from tobacco smoke, e-cigarettes, cigars, and marijuana
- Outdoor-smoking issues
- Smoke-free cars, and smoking scenes in movies
- Thirdhand smoke (the smoke that permeates carpets, curtains, etc.)
- Big Tobacco's efforts to prevent smoke-free laws and access to some of their internal documents

mysmokefreehousing.org

A great resource for additional information and materials on how and why to implement a policy. Order or download a free, full-color copy of The Colorado Guide to Establishing No-Smoking Policies in Multiunit Housing—and pass it on!

mysmokefreehousing.com

Want to locate multiunit residential buildings in Colorado with no-smoking policies? This online resource contains thousands of listings!



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gaspforair.org



group to alleviate smoking pollution

You have the
right to breathe
smoke-free air—
at work, in public
places or the place
you call home.

gaspforair.org





Working together to clear the air



The Group to Alleviate Smoking Pollution (GASP) is a statewide nonprofit 501-C-3 organization. GASP of Colorado is a recognized leader in advocating for no-smoking policies in multiunit housing.

While smoking is already prohibited in most restaurants and bars, public places, and workplaces in Colorado, there are areas not covered by the state or local laws. New threats to our health have emerged from electronic cigarettes (e-cigarettes) and legalized marijuana. GASP of Colorado is working to educate the public and our state and local policymakers about the dangers of secondhand smoke from these new threats.

Smoke-free—indoors and out!

Many people continue to experience serious health problems when secondhand smoke into their multiunit residences through doors, windows, and ventilation systems. The only way to guarantee a safe and healthy living environment is to prohibit smoking inside and near those buildings.

As people enjoy the health benefits of smoke-free air indoors, concerns about exposure in outdoor gathering places or work has increased. In addition, many workers and businesses are finding that when people smoke near building entrances, the smoke drifts into their workplace. Recent studies indicate that exposure to secondhand smoke in close-quarter outdoor areas is hazardous to your health.

GASP supports laws that further protect Coloradans from secondhand smoke. This includes building entrances, outdoor workplaces, restaurant and bar patios, service lines, transit waiting areas, public-event venues, and recreational areas including parks and trails.

Electronic cigarettes— are they a threat to your health?

The marketing, promotion, and use of electronic cigarettes (e-cigarettes) could undermine Colorado laws that protect the public from exposure to secondhand smoke. E-cigarette use is on the rise and recent studies indicate that e-cigarettes emit aerosols or “vapors” that include cancer-causing or toxic chemicals such as:

- Benzene
- Formaldehyde
- Isoprene
- Nicotine
- N-nitrosornicotine
(an esophageal and oral carcinogen)
- Propylene Glycol
- Toluene (used in oil refining and the manufacturing of paints, explosives [TNT] and glues)

Help keep the air smoke-free!

Supporting GASP of Colorado helps us continue to advocate for your and everyone’s right to breathe smoke-free air. We also provide important resources to both residents and housing partners (see back page).

Support GASP

Donate at gaspforair.org.

Yes, I want to help! Please accept my tax-deductible contribution of:

- \$25 \$50 \$75 \$100
 Other Amount: \$_____

With a contribution of \$25 or more you’ll receive GASP’s newsletter and a beautiful full-color “Welcome Smoke-Free” sign for your door or window.

Your Information (please print)

Name

Address

City State Zip

Phone

E-mail

Detach and mail this form with your check made payable to GASP of Colorado.

GASP of Colorado
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We support the uniform enforcement of no-smoking laws and policies, including those that cover e-cigarettes and legalized marijuana in public and workplace settings.



**Thank you
for your
support!**