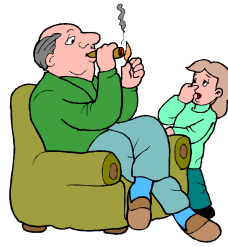


Let's clear the air of



second-hand smoke (SHS)

The Problem



Second-Hand Smoke (SHS) exposes staff, residents, and families (smokers and nonsmokers) to several thousand chemicals, including over 50 chemicals that are known to cause cancer.

- SHS contains higher concentrations of some toxic substances than the smoke that is inhaled directly when a cigarette is smoked.
- SHS increases your risk for heart disease, breast cancer, lung cancer, nasal sinus cancer, and respiratory diseases such as chronic bronchitis and emphysema.
- Exposure to SHS aggravates asthma and allergies and irritates the eyes, nose, throat and lungs.

The Solution

- The Smoke-Free Ontario Act protects the health of all staff and residents by eliminating exposure to SHS by allowing only the operation of Controlled Smoking Areas (CSA) indoors, and restricting outdoor smoking to 9 metres from the entrances.
- Smoke-free policies help people who smoke to cut down or quit. They also help former smokers stay smoke-free.

For more information on second-hand smoke or for information on quitting smoking, please contact:
