

Let's Create A Smoke-free Environment



Home



Workplace



Public Places



Food Premise

PASSIVE CIGARETTE SMOKE ENDANGERS OUR HEALTH

Passive smokers face a higher risk of suffering from various diseases related to smoking compared with persons not exposed to cigarette smoke.

- **Women especially wives of smokers**

- Their risk of suffering from lung cancer is 30% higher than that of the wife of a non-smoker.
- If they are pregnant, they face the risk of giving birth to low birth weight, premature, malformed and stillborn babies, miscarriages and Sudden Infant Death Syndrome.

- **Co-workers, housemates or roommates of smokers**

- They will experience the following effects:
 - Cough
 - Irritation of the eyes
 - Disturbance due to bad odour
 - Allergy
- If they are heart patients, they are vulnerable to heart attacks while asthma patients will be vulnerable to serious asthma attacks.

- **Children especially those whose parents are smokers**

- They are vulnerable to infection of the respiratory tract, ear, lungs and often suffer from asthma.

Insist On Your Right To Breathe Clean Air Free From Cigarette Smoke

How to ensure air which is free from cigarette smoke



Passive cigarette smoke is a combination of side-stream smoke released from the lit end of cigarettes and mainstream smoke that is exhaled by the smoker.

A person who does not smoke but is exposed to passive smoke is known as a passive smoker.

Diseases related to passive cigarette smoke include the following:

- Heart diseases
- Lung cancer
- Chronic Obstructive Respiratory Diseases

At Home

- Ensure that no family member or guest smokes in our home.
- Do not keep lighter or ash-tray which can encourage the smoking habit.
- The head of the family should set a good example to the other family members by being a non-smoker.
- Advise and encourage family members who are smokers to quit smoking.

At Workplace

Employer's Role

- Formulate a no-smoking policy to prohibit employees including food handlers from smoking while at work.
- Display no-smoking signs at strategic locations.
- Organize Anti-Smoking And Quit Smoking Campaigns for employees.

Employee's Role

- Do not start smoking.
- Quit smoking if you are a smoker.
- Support and observe the no-smoking policy at workplace.
- Encourage co-workers who smoke to quit smoking.

At Public Places

- Ensure that no one smokes at no-smoking areas.
- No-smoking areas listed under the Control of Tobacco Products Regulations (Amendment) 1997:-
 - Entertainment centres or theatres
 - Hospitals and clinics
 - Public lifts
 - Air-conditioned eating places
 - Public transport
 - Air-conditioned shops
 - Shopping complexes
 - Airports
 - Government premises
 - Public halls
 - Institutions of higher learning
 - Daycare centres, nurseries and kindergartens
 - Public transport terminals
 - Schools
 - Banks/financial institutions
 - Petrol kiosks
 - Service counters
 - Sports complexes
 - Stadiums



In Vehicles

Public Transport

- Observe no-smoking regulations in public transport.
- Non-smoking passengers should voice their rights to enjoy clean air which is free from cigarette smoke.

Private Vehicles

- Avoid smoking while driving as this not only endangers the health of passengers but also can cause road accidents.



**Clean Air Free From Cigarette Smoke
Is Our Right And Responsibility**

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