



A MINUTE OF HEALTH WITH CDC

Snuff Out Smoking

State Smoking Restrictions for Private-Sector Worksites, Restaurants, and Bars — United States — 2004 and 2007

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Many people in the United States smoke without ever lighting up. Smoke is dangerous whether you inhale it from a cigarette or breathe it from the air where others around you are smoking. Secondhand smoke contains more than 50 chemicals that can cause cancer and heart disease among non-smoking adults. In children, it worsens asthma and causes ear infections; it can even cause Sudden Infant Death Syndrome.

Many states have outlawed smoking in public places, such as worksites, restaurants, and bars. However, several states still have no restrictions on smoking. Only completely smoke-free environments can fully protect your health. Protect yourself and your family by avoiding secondhand smoke exposure, whenever possible.

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