

The Dangers of Secondhand Smoke



Secondhand smoke from tobacco is just as dangerous as actually smoking! Secondhand smoke clings to the smoker's skin, hair and clothes.

NON-SMOKERS EXPOSED TO SECONDHAND SMOKE HAVE AN INCREASED RISK OF GETTING SMOKING-RELATED ILLNESSES SUCH AS:

- Lung cancer
- Heart disease
- Asthma
- Chronic obstructive pulmonary disease (COPD)

BABIES WHOSE MOTHERS SMOKE DURING PREGNANCY HAVE AN INCREASED RISK FOR:

- Low birth weight
- Sudden infant death syndrome (SIDS)
- Lung and sinus infections
- Decreased learning ability
- Pre-term delivery
- Placental abruption
- Heart defects
- Ear infections
- Asthma

CHILDREN LIVING WITH SMOKERS HAVE AN INCREASED RISK FOR:

- Asthma or bronchitis
- Learning problems
- Attention deficit and behavior problems

IF YOU ARE READY TO QUIT SMOKING, THERE IS HELP:

- Free services such as classes
- Support groups
- Medicines to help you quit

IF YOU WOULD LIKE HELP WITH GETTING THESE SERVICES, PLEASE CALL THE NATIONAL QUIT SMOKING HOTLINE AT 1-800-QUIT-NOW. QUIT SMOKING FOR YOUR HEALTH AND THE HEALTH OF YOUR LOVED ONES.



FOR MORE INFORMATION about women's health, call Care Management at 1.800.508.2581 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711). La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).