Now, a health minute.

Cigarette smoke can damage your health, even if you aren't the one smoking.

Secondhand smoke is cigarette smoke that you breathe in when you are around someone else who is smoking.

And the more secondhand smoke you inhale the more damage to your body.

There is no safe level of secondhand smoke.

Secondhand smoke increases your risk for heart disease, lung cancer, and stroke.

To protect your health, do everything you can to avoid secondhand smoke.

Keep your house and car smoke free.
Ask smokers not to smoke around you, including in your home or car. That includes people you live with.

Avoid places that allow people to smoke even outside.

Avoid secondhand smoke to help keep your lungs clean and help you breathe easier.