

Jurupa Unified School District
Education Support Services
4850 Pedley Road
Jurupa Valley, CA 92509
(951) 360-4144



Our Children, Our Schools, Our Future!

October 27, 2011

Secondhand Smoke

Dear Parents/Guardians:

Secondhand smoke is a complex mixture of gases and particles that includes smoke from a burning cigarette, cigar, or pipe tip and exhaled smoke. Exposure to secondhand smoke has been estimated to result in over one million illnesses in children in the United States including complications due to low birth weight, asthma, bronchitis, colds, and inflammation of the middle ear.

The United States Surgeon General has concluded that there is no risk-free level of exposure to secondhand smoke. Breathing even a little secondhand smoke can be harmful. Opening a window, sitting in a separate area, or using ventilation, air conditioning, or a fan cannot eliminate secondhand smoke exposure. The only way to fully protect yourself and your loved ones from the dangers of secondhand smoke is through 100 percent smoke-free environments.

The Jurupa Unified School District urges you to protect yourself and your loved ones by:

- ✓ Making your home and car smoke-free. (**California law prohibits smoking any cigarette, pipe, or cigar in a moving or parked vehicle while any youth younger than the age of 18 is present [California Health and Safety Code (H&SC) sections 118947-118949].**)
- ✓ Asking people not to smoke around you and your children.
- ✓ Ensuring your children's day care center or school is enforcing smoke-free laws. (**California law prohibits smoking in day care centers [H&SC Section 1596.795] and prohibits the use of tobacco products on school property if the school receives funding for tobacco use prevention education programs [H&SC Section 104420].**)
- ✓ Choosing restaurants and other businesses that are completely smoke-free. (**California law prohibits smoking inside restaurants, but not outdoor seating [California Labor Code Section 6404.5].**)
- ✓ Teaching children to stay away from secondhand smoke.
- ✓ Avoiding secondhand smoke exposure especially if you or your children have respiratory conditions, if you have heart disease, or if you are pregnant.
- ✓ Talking to your doctor or healthcare provider more about the dangers of secondhand smoke.

If you are a smoker, the single best way to protect your family from secondhand smoke is to quit smoking. One resource to assist you in quitting is the California Smokers' Helpline. You can contact the Helpline at:

- 1-800-NO-BUTTS (1-800-662-8887) (English)
- 1-800-45-NO-FUME (1-800-456-6386) (Spanish)
- 1-800-838-8917 (Mandarin & Cantonese)
- 1-800-778-8440 (Vietnamese)
- 1-800-556-5564 (Korean)
- 1-800-933-4TDD (1-800-933-4833) (TTD/TTY)

In the meantime, you can protect your family by making your home and vehicles smoke-free and only smoking outside. A smoke-free home rule can also help you quit smoking.

Should you have any questions about the Jurupa Unified School District's policies regarding tobacco-use on school grounds or for other resources to help you talk to your children about the health dangers from using tobacco, please contact me at 951 360-4144.

Sincerely,

Michelle R. Johnson

Administrator, Education Support Services