

# Ever wonder how much secondhand smoke you are breathing in?



Spending 2 hours in the non-smoking section of a restaurant = **1.5 CIGARETTES**

Sitting behind a smoker for 3 hours at a sporting event = **1 CIGARETTE**



Living with a pack-a-day smoker, 24 hours a day = **3 CIGARETTES**



Sitting behind a smoker in a bar for 2 hours = **4 CIGARETTES**



Working for 8 hours in a smoker-friendly office = **6 CIGARETTES**



Working an 8-hour shift in a smoky bar = **16 CIGARETTES**

