



Berrien County is Smoke Free!!

Did you know that on June 1st, 2007 the Berrien County Clean Indoor Air Regulation took effect? This regulation bans smoking in all indoor public places except for bars and restaurants. Berrien County was the 16th county in Michigan to go smoke-free and now almost 50% of the state is under some form of smoke-free regulation or ordinance.

Passage of The Clean Indoor Air Regulation means that no one has to inhale second hand smoke. Smoking is prohibited in work places and public spaces inside buildings and up



Being able to breathe smoke-free air is critically important for staying healthy and cancer-free. Even if you do not smoke, you can still get sick from being around smokers. Second-hand smoke is the smoke you inhale when next to a person who is smoking. Of the more than 4,000 chemicals that have been identified in secondhand smoke, at least 250 are known to be harmful, and 50 are known to cause cancer.

to 25 feet outside any doors, entrances or windows that open. If you see a person smoking inside a building in Berrien County, or work with someone who is smoking, you are encouraged to file a complaint at the Berrien County Health Department. The complaint is a simple form that we can help you complete, and your name

will be kept confidential. Any business that allows smoking despite the regulation will be issued a citation if they do not try to work with the health department to become smoke free.

Places where Bingo is held must be smoke free also. Several people have complained against establishments that allow smoking when Bingo is taking place. These complaints are being researched, and if the Bingo Halls are not in compliance with the regulation, they can be fined for up to \$1000 per violation. If smoking is occurring where you play Bingo and you are being subject to all the harmful chemicals that are in the cigarette smoke, please let us know that you would like the smoking to stop by submitting a complaint. You can call the health department at 927-5668.

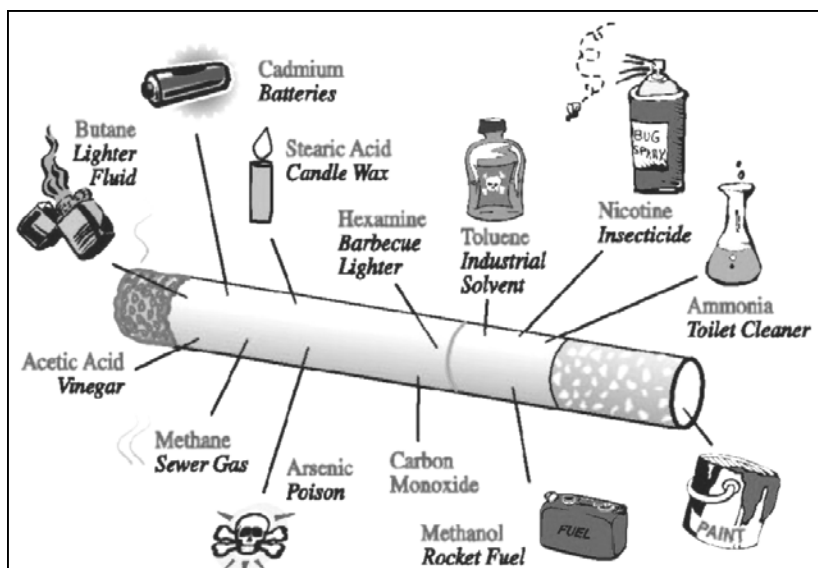
How can I protect my family from the effects of smoke?

If you smoke, take the first step and QUIT!

If you do not smoke, encourage those around you not to smoke and especially not to smoke by you. Remember that what they

are smoking, you are also smoking. Your risk of getting cancer is increased, and your risk of heart disease, stroke, and lung disease may also be increased.

DO NOT SMOKE BY YOUR CHILDREN, or allow anyone else to. Children exposed to secondhand smoke are at an increased risk of sudden infant death syndrome (SIDS), ear infections, colds, pneumonia, bronchitis, and asthma. Being exposed to secondhand smoke slows the growth of children's lungs and can cause them to cough, wheeze, and feel breathless. According to the American Lung Association, secondhand smoke is responsible for 150,000 - 300,000 lower respiratory tract infections in infants under 18 months of age, resulting in between 7,500 and 15,000 hospitalizations each year, and causes 430 SIDS deaths in the US annually.



Special thanks to Theresa Green, Director of Community Health Planning, for her help with this article!

The Berrien County Health Department has five locations to serve you:

Benton Harbor		Niles		Three Oaks	
769 Pipestone	M-139 Office	School Based	1205 N. Front St.	21 N. Elm	
P.O. Box 706	2106 S. M-139	870 Colfax Ave	684-2800	756-2008	
926-7121	927-5623	925-4500			

Or visit us on the web at www.berriencohlthdept.org

Berrien County Health Department:

Preventing Disease, Prolonging Life and Protecting the Health of the



November is Breathe Easy Month!

Take a deep breath! For some this is not as easy as it sounds. This month the Berrien County Health Department will bring you information about lung diseases, home breathing hazards, the hazards of smoking and ways to quit, and the Berrien County smoking regulation. For questions about any of these topics, please call the health department at **926-7121**.

What about smoking in bars and restaurants?

Unfortunately, Berrien County cannot regulate smoking in bars and restaurants. This has to be decided at the State level. Michigan legislators have the opportunity to make all of Michigan smoke free, including bars and restaurants. The Michigan House of Representatives is debating a bill right now – House Bill 4163 – that could ensure that second hand smoke would be obsolete in public buildings and ALL worksites. Please let your Representatives know that you would like clean, smoke free air in Michigan. You can call them:

Representative John Proos:
517-373-1403

Representative Neal Nitz:
517-373-1796

Please support the Berrien County Clean Indoor Air Regulation. We need your help to follow the regulation, and report those who are not in compliance by calling the health department. We all need to work together to keep our air smoke free. For more information about the smoking regulation, or to help get a business smoke free, please call

Kerri Teachout at 927-5668.

The Health Department wishes you a Happy (and Healthy!) Thanksgiving!!!



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