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In response to Bernie Clark's letter on 9/19, the problems of secondhand smoke are especially an issue for tenants living in multi-family housing. Many smokers don't understand the risk they're placing on their neighbors when they smoke in close proximity to open windows and vents.

According to the Surgeon General, there is no safe level of exposure to secondhand smoke. If you can smell it, it's harming you. Secondhand smoke contains over 4,000 chemicals, and of those at least 60 are known to cause cancer. Over 51,000 Americans die each year due to secondhand smoke-related illnesses.

Luckily, there are solutions! Smokers can make the choice to take their smoke to the sidewalk. Increasing the distance of the smoker from housing will greatly reduce the opportunity for unnecessary secondhand smoke exposure. And for Nebraskans who want to quit, there is a toll-free cessation hotline available 24-hours a day. Dial 1-800-784-8669 (1-800-QUIT-NOW) for free access to counseling and support services.

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