



STARSS Myths and Facts

Whitehorse, Yukon

The Whitehorse **STARSS** rollout site has a great Myths and Facts display that they use in various locations and settings. They used 6.7 x 2.5 white mailing labels pasted to both sides of a star-shaped cut out.

Myth or Fact?

Children who breathe secondhand smoke can experience several health effects.

FACT

There are several health effects associated with secondhand smoke including asthma, allergies, pneumonia, ear infections, and even being hospitalized.

Myth or Fact?

Lighting a candle can help reduce secondhand smoke.

MYTH

Candles might help the room smell better but they do not remove the harmful gases in secondhand smoke.

Myth or Fact?

Air fresheners, smoke eaters, and air purifiers do NOT work to reduce the harm of secondhand smoke.

FACT

They might help the room smell better but they do not remove the harmful gases in secondhand smoke.

Myth or Fact?

Having lots of plants in your house will help reduce the effects of secondhand smoke.

MYTH

Plants are nice to have for many other reasons but they do not remove the harmful poisons in cigarette smoke.

Myth or Fact?

If you cannot smell cigarette smoke, you are safe from the poisons in the cigarette smoke.

MYTH

You might not be able to smell the smoke but the poisons are still in the air and your walls.

Myth or Fact?

Washing your walls and windows helps reduce the harms of secondhand smoke.

MYTH

Washing your walls and windows does not help reduce the harms of secondhand smoke.

Myth or Fact?

The poisons in the cigarette smoke can stay in your walls for up to two years.

FACT

Even washing your walls and painting does not get rid of the poisons from cigarette smoke.

Myth or Fact?

Learning to delay your smoking until your child has left the house (or delaying until it is convenient to go outside to smoke) helps reduce SHS.

FACT

Even if you are not ready to quit smoking, you can take small steps to help protect your kids, while you work towards always smoking outside.

Myth or Fact?

It's hypocritical to ask people to smoke outside if you smoke.

MYTH

Even if you smoke, the less smoke inside the house the better.