

# Speak up for your health!

**77% of Muskoka residents support a bylaw restricting smoking in restaurants**

**Your voice needs to be heard!**

**We have to let politicians know that we are concerned**

**Your Councilors need to hear from you**

**Phone or write today and tell them you support smoke-free public places**

**Your call or letter can make a real difference**

**We have to let politicians know this is an important issue**

## Do Your Councilors Know...?

- Children exposed to second-hand smoke are more likely to suffer from bronchitis, pneumonia, ear infections, allergies, asthma and Sudden Infant Death Syndrome (SIDS). (Ontario Medical Association)
- Restaurant workers face a 50% greater risk of lung cancer due to their exposure to second-hand smoke. (Lung Association)
- Ventilation systems do not remove the harmful chemicals in second-hand smoke and sitting in the non-smoking section will not protect you. (James L. Repace, Specialist on Indoor Air Pollution)
- Spending one hour in a smoky room, a non-smoker can breathe in as much of one chemical as smoking 35 cigarettes. (New England Journal of Medicine)
- Exposure to second hand smoke can cause both long term and short term stress on the heart and circulation. (Heart and Stroke Foundation)
- Second hand smoke is listed as a Class A Carcinogen, the most cancer causing agents to man. (Environmental Protection Agency)
- Close to half of Ontario adults who go to restaurants at least monthly say they avoid certain restaurants because they are too smoky. (Ontario Tobacco Research Unit 1996)

## Take Action Today!

**Contact your local Councilors**

**The phone numbers and addresses are listed on the next page**

**A message from “Breathe Easy Muskoka”, community coalition.  
For more information contact Brenda Marshall at 645-4471, 1-800-563-2808 or [www.mpshu.on.ca](http://www.mpshu.on.ca)**