

MONTANA

Living Smokefree!

Coming this October 1st, Montana law requires every enclosed public place and workplace to be smokefree.

The Montana Clean Indoor Air Act honors individuals' rights to breathe clean air and protects the health of workers and the public. Over time, the law will save lives, reduce illness and stop the unnecessary drain on our health care dollars.

*Can you
think of a
better reason
to celebrate?*

*Please visit our website at
tobaccofree.mt.gov,
or call us toll-free at
1-866-787-5247.*

The Montana Tobacco Use Prevention Program, Department of Public Health & Human Services, administers the Montana Clean Indoor Air Act, in cooperation with other state agencies, local boards of health and local health departments. Visit our website for more information about Montana's smokefree law.

**Smokefree
MONTANA**

Montana Tobacco Use Prevention Program



Let's Celebrate!

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MONTANA**

OCTOBER 1, 2009



Clean Indoor Air – Why It's Important

Clean indoor air means better living for all Montanans. There is no safe level of exposure to secondhand tobacco smoke.

Breathing secondhand smoke causes lung cancer, heart disease, and other fatal diseases. In fact, exposure to secondhand smoke can immediately increase a person's risk of heart attack. It also damages children's health. Exposure can cause Sudden Infant Death Syndrome (SIDS) and more frequent and severe asthma attacks.

Clean indoor air also reduces absenteeism among workers and helps hold down cleaning costs for public facilities and private businesses.

All Public Indoor Places – Smokefree!

Montana's Clean Indoor Air Act is now easier than ever to follow, because it applies equally to indoor public places and workplaces. The law includes all restaurants, stores, gas stations, office buildings, trains, buses, health care facilities, pool halls, dance clubs, roadhouses, auditoriums, arenas, meeting rooms, college and university buildings, schools, bars, taverns, casinos and any other enclosed workplace.

If you own or manage a bar, tavern or casino and your establishment will become smokefree for the first time, we can help you experience a smooth transition.

Please visit our website at
tobaccofree.mt.gov,
or call us toll-free at
1-866-787-5247.



We Can Help You Quit Tobacco

If you use tobacco and would like to quit, we can help. The Montana Tobacco Quit Line, funded by the Montana Tobacco Use Prevention Program, offers:

- *Assistance for tobacco users*
- *FREE tobacco cessation coaching sessions*
- *FREE nicotine replacement therapy (gum, patches, or lozenges)*
- *Reduced-cost Chantix, a new medication to help people quit*

Call toll-free at **1-800-QUIT-NOW**
(784-8669)



Helping You Live Smokefree

At the Montana Tobacco Use Prevention Program, our job is to help Montanans lead healthier lives, free from tobacco addiction. We are here to answer any questions you may have about Montana's smokefree law.