



STATE OF MARYLAND  
**DHMH**

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**Maryland Department of Health and Mental Hygiene**

201 West Preston Street, Baltimore, Maryland 21201

Martin O'Malley, *Governor* • Anthony G. Brown, *Lt. Governor* • John M. Colmers, *Secretary*

Dear Fellow Marylanders:

On May 17, 2007 Governor Martin O'Malley signed the Clean Indoor Air Act into law. In doing so, Maryland joins a growing list of states to enact laws designed to improve the health of its residents by restricting exposure to the hazards of secondhand tobacco smoke. This is an important step in Maryland's efforts to remain a leader in tobacco use prevention, control, and cessation. The new law prohibits smoking in indoor areas open to the public - including restaurants and bars - and in virtually all indoor workplaces across the state. The Department of Health and Mental Hygiene, with the Department of Labor, Licensing, and Regulation, have established regulations to implement the law. These regulations inform businesses of the steps they must take to prohibit smoking, post signs, and comply with the other provisions of the Clean Indoor Air Act.

As we prepare for the **February 1** implementation of the Clean Indoor Air Act, the Department of Health and Mental Hygiene has assembled a toolkit that contains all of the information and resources needed for businesses to make a smooth transition to becoming smoke free. It also contains information for the public explaining how the Clean Indoor Air Act works, how it is enforced, and the economic and public health benefits of the Act.

The Department of Health and Mental Hygiene is committed to the successful implementation of the Clean Indoor Air Act. The department has created a Web site for information about the Act, [www.mdcleanair.org](http://www.mdcleanair.org), and a help line, 1-866-703-3266. I hope you find this toolkit useful, and on behalf of the department, I look forward to a successful and smooth transition to a smoke free and healthier Maryland.

Sincerely,

John M. Colmers  
*Secretary*

# The Maryland State Clean Indoor Air Act: A Guide for the Public



## WHAT IS THE CLEAN INDOOR AIR ACT OF 2007?

The Clean Indoor Air Act of 2007 prohibits smoking in virtually all indoor workplaces in order to “preserve and improve the health, comfort, and environment of the people of Maryland by limiting exposure to environmental tobacco smoke.” The law provides for fair and consistent statewide protection from exposure to secondhand smoke in indoor settings. People in Maryland will now have clean, smoke-free air while working, dining, shopping, or relaxing throughout the state.

## WHAT IS COVERED UNDER THE ACT?

As of *February 1, 2008*, there will be smoke-free air in almost all indoor places open to the public, including bars and restaurants. The Act prohibits smoking in the following facilities:

- Indoor areas open to the public
- Indoor meeting places open to the public
- Indoor places of employment
- Mass transit vehicles
- Private homes or residences being used by a licensed day care or child care provider
- Private vehicles used for the public transportation of children or as part of health care or day care transportation
- Clubs with alcohol licenses (under Article 2B, §1-102(a)(4), Annotated Code of Maryland)

## WHAT IS REQUIRED OF BUSINESSES?

- All of the businesses listed above must prohibit smoking
- Signs stating that smoking is prohibited must be posted in the following facilities:
  - ✓ Retail stores
  - ✓ Theaters
  - ✓ Concert halls
  - ✓ Athletic facilities
  - ✓ Financial service institutions
  - ✓ Government buildings
  - ✓ Educational institutions
  - ✓ Museums
  - ✓ Libraries
  - ✓ Hotels and motels
  - ✓ Clubs as defined in Article 2B §1-102(a)(4), Annotated Code of Maryland

Signs must be conspicuously posted at each entrance and in prominent locations inside the establishment.

*Some jurisdictions may have local ordinances with additional requirements. Check with your local health department or the Clean Indoor Air Act Help Line, 1-866-703-3266 for further information.*

## **ARE THERE PUBLIC PLACES WHERE SMOKING IS STILL ALLOWED?**

Smoking *may* still be permitted in tobacco shops, outdoor areas of bars and restaurants, and up to 25 percent of a hotel's or motel's guest rooms. In addition, the Act does not ban smoking outdoors. However, some jurisdictions may have stricter ordinances and some specific businesses may be exempt or have a temporary waiver from some requirements of the Act. Look for signs in each establishment for guidance.

## **WHY IS IT IMPORTANT TO ELIMINATE EXPOSURE TO SECONDHAND SMOKE?**

Secondhand smoke comes from the burning end of a cigarette, cigar, or pipe – as well as the smoke exhaled by smokers. Former U.S. Surgeon General Richard Carmona reported that secondhand smoke contains more than 4,000 chemicals, including at least 69 that are cancer-causing. Up to 62,000 nonsmokers in the U.S. die each year from secondhand smoke-related causes. It is a serious health hazard that is a proven cause of disease including lung cancer, heart disease, bronchitis, pneumonia, asthma, and sudden infant death syndrome.

## **HOW DO I FILE A COMPLAINT IF I SEE SMOKING IN A BUSINESS?**

Complaints can be made in person or over the phone to your local health department. If you have a question about how or where to make a complaint, call the Clean Indoor Air Act Help Line, **1-866-703-3266**, or visit the Clean Indoor Air Act Web site, [www.mdcleanair.org](http://www.mdcleanair.org).

## **HOW IS THE CLEAN INDOOR AIR ACT ENFORCED?**

Business owners are required to comply with the law and local health departments will enforce it. Please obey posted signs identifying areas where smoking is not allowed. For further information or to file a complaint regarding a business you think may be in violation of the law, please notify your local health department, call the Clean Indoor Air Act Help Line at **1-866-703-3266**, or visit [www.mdcleanair.org](http://www.mdcleanair.org).

## **NOW IS A GREAT TIME TO QUIT!**

When you're ready to quit, visit your local health department, call the *Maryland Tobacco Quitline* at **1-800-QUIT NOW**, or visit [www.SmokingStopsHere.com](http://www.SmokingStopsHere.com). These are absolutely free services provided by the Maryland Department of Health and Mental Hygiene and local health departments that provide information on quitting and tools to help you quit for good.



# The Maryland State Clean Indoor Air Act: A Guide for Bars and Restaurants



## WHAT IS THE CLEAN INDOOR AIR ACT OF 2007?

The Clean Indoor Air Act of 2007 prohibits smoking in virtually all indoor workplaces, including restaurants and bars. The law provides for fair and consistent statewide protection from exposure to secondhand smoke in indoor settings. Workers in the retail and hospitality industries will now have healthier workplaces and Marylanders will be able to breathe clean, smoke-free air when eating out or spending a night out on the town.

## WHAT DO I HAVE TO DO TO COMPLY WITH THE LAW?

Effective *February 1, 2008* at 12:00 a.m., smoking is prohibited in all bars, restaurants, pubs, taverns, and most other businesses with indoor areas open to the public in Maryland. If you own or operate one of these establishments, you must do two things:

- Prohibit smoking in your establishment
- Post “NO SMOKING” signs conspicuously at each entrance and in prominent locations inside your establishment

*Some jurisdictions may have local ordinances with additional requirements. Check with your local health department, the Clean Indoor Air Act Help Line at 1-866-703-3266, or [www.mdcleanair.org](http://www.mdcleanair.org) for further information.*

## WHAT KINDS OF SIGNS HAVE TO BE POSTED, AND WHERE MUST THEY BE POSTED?

Starting on February 1, 2008, all indoor areas open to the public and every public entrance to an indoor area open to the public where smoking is prohibited in a bar or restaurant must display conspicuously a “NO SMOKING” sign, either in words or the international symbol for no smoking consisting of a burning cigarette enclosed in a circle with a bar across it.

*Posting signs before the law’s effective date of February 1, 2008* will help make the change to smoke-free air smooth for both employees and customers – businesses are free to do this at any time prior to this date. You may also want to use special smoke-free coasters, napkins or buttons to help get the word out. Free, downloadable signs and materials are available at [www.mdcleanair.org](http://www.mdcleanair.org) or may be purchased from local office supply, hardware and home improvement stores.

## CAN EMPLOYEES SMOKE ANYWHERE INDOORS?

No. Smoking is not permitted anywhere inside the premises, including private offices and break rooms. Businesses that currently have a separate room for smoking can no longer allow smoking in these rooms or anywhere else inside. You must simply inform your employees who smoke that they must go outside to smoke. Be sure to communicate early and clearly with your employees to ensure they understand how the new smoke-free workplace law applies to both them and your customers.

## IS SMOKING OUTSIDE PROHIBITED?

Smoking outside of bars and restaurants is not prohibited under the Clean Indoor Air Act. However, some jurisdictions may limit smoking outside these establishments. In addition, while smoking is not prohibited on uncovered decks and patios, you should look carefully at the regulation to see whether a covered deck or patio is considered indoors or not. Structures with a ceiling that are enclosed by any combination of permanent or temporary walls, windows, or doorways, whether open or closed, or other physical barriers that go from the floor to the ceiling, are considered as indoor areas and subject to regulation [(COMAR 10.19.04.02(B)(9))].

## HOW IS THE LAW ENFORCED?

Compliance with the law is the responsibility of the owner of the business. Local health departments will enforce the law. More information about enforcement is available by calling your local health department, the Clean Indoor Air Act Help Line at **1-866-703-3266**, or by visiting [www.mdcleanair.org](http://www.mdcleanair.org).

## WHO CAN FILE A COMPLAINT UNDER THE LAW?

If you fail to comply with the new law, an employee or member of the public may file a complaint with the local health department. Ultimately, you may be issued warnings, fines or violations. Employees and the public may confidentially report violations of the Act by contacting their local health departments. Contact information can be found at [www.mdcleanair.org](http://www.mdcleanair.org)

## WHAT ARE THE PENALTIES FOR VIOLATING THE LAW?

A violation of the Act or the regulations is subject to the following penalties: a written reprimand for the first violation; a civil penalty of \$100 for the second violation; a fine of \$500 for the third violation; and a fine of \$1,000 per violation for each subsequent violation.

## WHAT IF CUSTOMERS WANT TO SMOKE INDOORS?

You or your staff must remind your customers of the law and should politely explain that they must step outside to smoke. Train your staff about what to say to customers, for example: *“This is now a smoke-free establishment, you’ll have to put out your cigarette,”* or *“The new smoke-free law prohibits smoking indoors. Thank you for your cooperation.”*

If customers refuse to comply, use common sense. If necessary, use your normal protocol for removing a disruptive customer from your premises.

## WHAT IS SECONDHAND SMOKE AND HOW DANGEROUS IS IT?

Secondhand smoke is smoke that comes from the burning end of a cigarette, cigar, or pipe – as well as the smoke exhaled by smokers. Former U.S. Surgeon General Richard Carmona reported in 2006 that secondhand smoke contains more than 4,000 chemicals, including at least 69 that are cancer-causing. Up to 62,000 nonsmokers in the U.S. die each year from secondhand smoke-related causes. It is a serious health hazard that is a proven cause of disease including lung cancer, heart disease, bronchitis, pneumonia, asthma, and sudden infant death syndrome.

## WHY RESTAURANTS AND BARS?

Waitresses have higher rates of lung and heart disease than any other traditionally female occupational group, according to a study published by the *Journal of the American Medical Association*. According to the same report, one 8-hour shift in a smoky bar is equivalent to smoking 16 cigarettes a day.

## WHAT RESOURCES ARE AVAILABLE FOR PEOPLE WHO WISH TO QUIT?

Free services are available through the Maryland Department of Health and Mental Hygiene and local health departments that provide information on quitting and tools to help people quit for good. For more information call the *Maryland Tobacco Quitline* at **1-800-QUIT NOW**, go to [www.SmokingStopsHere.com](http://www.SmokingStopsHere.com), or visit your local health department.



# The Maryland State Clean Indoor Air Act: An Implementation Guide for Bars and Restaurants



## HELP YOUR BUSINESS COUNTDOWN TO SMOKE-FREE AIR!

The Clean Indoor Air Act of 2007 prohibits smoking in virtually all indoor workplaces as of **February 1, 2008**. The law provides for fair and consistent statewide protection from exposure to secondhand smoke in indoor settings. Workers in the retail and hospitality industries will now have healthier workplaces and Marylanders will be able to breathe clean, smoke-free air when eating out or spending a night out on the town.

### One Month Before the Effective Date of February 1, 2008

- Post no-smoking signs where they are clearly and easily seen, including entrances
- Educate employees about the new law
- Distribute pay stub insert or fact sheet (available for download from [www.mdcleanair.org](http://www.mdcleanair.org)) to all employees
- Order “smoke-free” napkins, coasters, buttons, etc.
- Help employees and customers quit – free resources are available through the *Maryland Tobacco Quitline* – **1-800-QUIT NOW** – and at all local health departments. More information can be found at [www.SmokingStopsHere.com](http://www.SmokingStopsHere.com).

### Beginning February 1, 2008 and Beyond

- Remind employees and smoking patrons about the new law
- Offer “smoke-free specials” throughout the month – promotional drinks or menu items to celebrate the start of the new smoke-free environment
- Enjoy the ongoing cost savings from employee wellness and reduced maintenance
- Celebrate the successful transition to healthy air!



# The Maryland State Clean Indoor Air Act: A Guide for Hotels and Motels



## WHAT IS THE CLEAN INDOOR AIR ACT OF 2007?

The Clean Indoor Air Act of 2007 prohibits smoking in virtually all indoor workplaces in Maryland as of **February 1, 2008**. The law provides for fair and consistent protection from exposure to secondhand smoke in indoor settings. Marylanders will now be able to breathe clean, smoke-free air in indoor areas open to the public in most businesses, and workers in the retail and hospitality industries will have healthier workplaces.

## WHAT DO I HAVE TO DO TO COMPLY WITH THE LAW?

Effective February 1, 2008 at 12:00 a.m., if you are the owner or manager of a hotel or motel, in order to comply with the new Clean Indoor Air Act and regulations, you must:

- Decide whether you want to have any rooms where smoking is permitted. Smoking may be allowed in up to 25 percent of the guest rooms in a particular establishment, although this is not required – you may decide to make all of your guest rooms smoke free.
- Prohibit smoking in all other indoor areas open to the public.

*Some jurisdictions may have local ordinances with additional requirements. Check with your local health department or the Clean Indoor Air Act Help Line, 1-866-703-3266 for further information.*

## WHAT KINDS OF SIGNS HAVE TO BE POSTED, AND WHERE MUST THEY BE POSTED?

Starting on February 1, 2008, all indoor areas open to the public and every public entrance to an indoor area open to the public where smoking is prohibited in a hotel or motel must display a conspicuous "NO SMOKING" sign, either in words or the international symbol for no smoking consisting of a burning cigarette enclosed in a circle with a bar across it.

*Posting signs before the law's effective date of February 1, 2008* will help make the change to smoke-free air smooth for both employees and customers – businesses are free to do this at any time prior to this date. You may also want to use special smoke-free coasters, napkins or buttons to help get the word out. Free, downloadable signs and materials are available at [www.mdcleanair.org](http://www.mdcleanair.org) or may be purchased from local office supply, hardware and home improvement stores.

## IF I HAVE SOME GUEST ROOMS WHERE SMOKING IS PERMITTED, MUST THEY HAVE SIGNS?

Guest rooms in which smoking is permitted (if there are any) must have a sign containing the words "SMOKING PERMITTED IN THIS ROOM" that meets all of the following requirements:

- The words "SMOKING PERMITTED IN THIS ROOM" are in capital letters
- The background and the print are in contrasting colors
- The letters "SMOKING PERMITTED IN THIS ROOM" on the sign are a minimum of 1 inch in height

## CAN EMPLOYEES SMOKE ANYWHERE INDOORS?

No. Smoking is not permitted anywhere inside the premises, including private offices and break rooms. Businesses that currently have a separate room for smoking can no longer allow smoking in these rooms or anywhere else inside. You must simply inform your employees who smoke that they must go outside to smoke. Be sure to communicate early and clearly with your employees to ensure they understand how the new smoke-free workplace law applies to them and your customers.

## **IS SMOKING OUTSIDE PROHIBITED?**

Smoking outside of bars and restaurants is not prohibited under the Clean Indoor Air Act. However, some jurisdictions may limit smoking outside these establishments. In addition, while smoking is not prohibited on uncovered decks and patios, you should look carefully at the regulation to see whether a covered deck or patio is considered indoors or not. Structures with a ceiling that are enclosed by any combination of permanent or temporary walls, windows, or doorways, whether open or closed, or other physical barriers that go from the floor to the ceiling, are considered as indoor areas and subject to regulation [(COMAR 10.19.04.02(B)(9))].

## **HOW IS THE LAW ENFORCED?**

Compliance with the law is the responsibility of the hotel or motel owner. Local health departments will enforce the law. You may wish to contact your local health department or provide them with a floor plan indicating which, if any, rooms are designated as “smoking permitted” rooms. More information about enforcement is available by calling your local health department or the Clean Indoor Air Act Help Line at **1-866-703-3266**, or by visiting [www.mdcleanair.org](http://www.mdcleanair.org).

## **WHO CAN FILE COMPLAINTS UNDER THE LAW?**

Employees and the public may report violations of the Act by contacting the local health department. Information about complaints and enforcement can be found by calling the Clean Indoor Air Act Help Line at **1-866-703-3266**, or by visiting [www.mdcleanair.org](http://www.mdcleanair.org).

## **WHAT ARE THE PENALTIES FOR VIOLATING THE LAW?**

A violation of the Act or the regulations is subject to the following penalties: a written reprimand for the first violation; a civil penalty of \$100 for the second violation; a \$500 fine for the third violation; and a \$1,000 fine per violation for each subsequent violation.

## **WHAT IF CUSTOMERS WANT TO SMOKE INDOORS?**

You or your staff must remind your customers of the law and should politely explain that they must step outside to smoke. Train your staff to say to customers, for example: *“This is now a smoke-free establishment, you’ll have to put out your cigarette,”* or *“The new smoke-free law prohibits smoking indoors. Thank you for your cooperation.”*

If customers refuse to comply, use common sense. If necessary, use your normal protocol for removing a disruptive customer from your premises.

## **WHAT IS SECONDHAND SMOKE AND HOW DANGEROUS IS IT?**

Secondhand smoke is smoke that comes from the burning end of a cigarette, cigar, or pipe – and the smoke exhaled by smokers. Former U.S. Surgeon General Richard Carmona reported in 2006 that secondhand smoke contains more than 4,000 chemicals, including at least 69 that are cancer-causing. Up to 62,000 nonsmokers in the U.S. die each year from secondhand smoke-related causes. It is a serious health hazard that is a proven cause of disease including lung cancer, heart disease, bronchitis, pneumonia, asthma, and sudden infant death syndrome.

## **WHAT RESOURCES ARE AVAILABLE FOR PEOPLE WHO WISH TO QUIT?**

Free services are available through the Maryland Department of Health and Mental Hygiene and local health departments to provide information on quitting and tools to help people quit for good. For more information call the *Maryland Tobacco Quitline* at **1-800-QUIT NOW**, go to [www.SmokingStopsHere.com](http://www.SmokingStopsHere.com), or visit your local health department.



air! Enjoy Maryland’s new smoke-free atmosphere at your favorite bars and restaurants. To learn more about the Maryland Clean Indoor Air Act, visit [www.mdcleanair.org](http://www.mdcleanair.org) or call 1-866-703-3266.

**The Maryland State Clean Indoor Air Act:  
Maryland Jurisdictions with  
No-Smoking Ordinances**



**Baltimore City  
Charles County  
Howard County  
Montgomery County  
Prince George's County  
Talbot County**



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**100% SMOKE FREE**

# Clean Indoor Air is Good for Business!



## **WHAT IS THE CLEAN INDOOR AIR ACT OF 2007?**

The Clean Indoor Air Act of 2007 prohibits smoking in virtually all indoor workplaces as of *February 1, 2008*. The law provides for fair and consistent statewide protection from exposure to secondhand smoke in indoor settings. Workers in the retail and hospitality industries will have healthier workplaces and Marylanders will be able to breathe clean, smoke-free air when patronizing indoor business establishments.

## **MOST ADULTS IN MARYLAND DON'T SMOKE**

Over 82 percent of Maryland adults are non-smokers. Smoking in Maryland declined 21 percent between 1998 and 2006 in adults and 27 percent among 18-24 year olds. The size of the smoking customer base will continue to shrink since 75 percent of current smokers say they are “seriously planning to quit.”

## **EVEN SMOKERS UNDERSTAND THAT SECONDHAND SMOKE IS HARMFUL**

Secondhand smoke is smoke that comes from the burning end of a cigarette, cigar, or pipe – as well as the smoke exhaled by smokers. It contains more than 4,000 chemicals, including at least 69 that are known to cause cancer. Up to 62,000 nonsmokers in the United States die each year from causes related to secondhand smoke. When asked, 80 percent of smokers reported that breathing smoke from other people’s cigarettes was somewhat to very harmful to a person’s health.

## **MARYLAND’S CLEAN INDOOR AIR ACT CREATES A LEVEL PLAYING FIELD**

Smoking will be banned in virtually all indoor public places in every jurisdiction in Maryland. Unlike local county or city specific smoking bans, Maryland’s statewide Clean Indoor Air Act places every community on a level playing field. Even private clubs are treated the same as public clubs and businesses. Small businesses are not disadvantaged by the law in comparison to larger businesses; they must all meet the same requirements.

## **MARYLAND IS NOT ALONE**

By the time the Maryland Clean Indoor Air Act takes effect, at least 24 other states will have enacted laws to create smoke-free restaurants; 18 of those states include smoke-free bars. Additionally, there are over 2,500 local laws that regulate smoking across the country, including over 500 that have created 100 percent smoke-free environments. Even entire countries – such as England, Ireland, Scotland, Uruguay, and New Zealand – have 100 percent smoke-free bars and restaurants. The list continues to grow.

## **SMOKE-FREE LAWS DON'T HURT BUSINESS**

No credible study has found a negative economic impact. In 2006, former U.S. Surgeon General Richard Carmona issued a report that states “The results of all credible peer-reviewed studies show that smoke-free policies and regulations do not have a negative impact on business revenues.” Additionally, an analysis by the Environmental Protection Agency (EPA) found that implementation of smoke-free laws can reduce operating and maintenance costs of businesses that previously permitted smoking.

## **BEWARE OF TOBACCO INDUSTRY “RESEARCH”**

In the early days of smoke-free polices, studies by tobacco companies reported decreases in business profitability related to smoke-free regulation. Researchers who were not connected to tobacco companies have found that quality studies done over the years all disagree with the tobacco industry findings.

When judging the studies, useful questions to ask are: Did the study measure what actually happened, or was it based on predictions or opinions? Did the study include data from an adequate period of time after the law went into effect (at least one year) as well as an adequate period before the law went into effect to establish the underlying trends and seasonal and random fluctuations? Did the funding come from somewhere other than the tobacco industry? Was the study published in a peer-reviewed academic journal?

## **LOCAL EVIDENCE**

The State of Delaware passed a Clean Indoor Air Act in 2002. Delaware residents were surveyed about smoke-free indoor areas a year later. Almost all residents, 91 percent, were as or more likely to go to restaurants, and 89 percent were as or more likely to go to bars than they were before the regulations.

Some counties in Maryland went smoke-free before it was made a state law. Montgomery County passed regulations in 2003 that kept smoking out of restaurants. In 2004, County Council members reported that restaurant sales had gone up by seven percent, or \$2 million, and that 56 new restaurant applications had been received.

## **TESTIMONIALS**

Business owners across the country have welcomed smoke-free laws:

*“...[T]he law affects everyone in the state, so it doesn’t take business away from anyone. If anything, it’s helped business.”* Nelson, Manager/ The Sportzone/Smyrna, DE

*“Once the whole state goes smoke free, it’s a level playing field... Our business wasn’t really affected, and my staff loves it.”* Brad, Manager/The Frog, Bear, and Wild Boar/Columbus, OH

*“We’re really happy there’s no more smoking in bars here. People can still go outside to smoke, so it hasn’t really hurt business.”* Bill, Manager/The Arch Street Tavern/Hartford, CT

## **NOW IS THE TIME TO QUIT**

Maryland smokers are recognizing the very serious health consequences of smoking. Virtually all indoor public places are smoke-free as of February 1, 2008. In addition, there is a tobacco tax increase of an additional \$1.00 on every pack of cigarettes sold in Maryland as of January 1, 2008. There are more resources available to smokers now than ever before. The *Maryland Tobacco Quitline*, **1-800-QUIT NOW**, provides free services for tobacco users, in addition to free cessation services offered at all local health departments. For more information, visit [www.SmokingStopsHere.com](http://www.SmokingStopsHere.com).



# Now is the Time to Quit! Here's Help . . .



## WHAT IS THE CLEAN INDOOR AIR ACT OF 2007?

The Clean Indoor Air Act of 2007 prohibits smoking in virtually all indoor public places including restaurants and bars as of *February 1, 2008*. The new law protects all Marylanders from the health dangers of secondhand smoke.

## WHAT IS SECONDHAND SMOKE AND HOW DANGEROUS IS IT?

Secondhand smoke is smoke that comes from the burning end of a cigarette, cigar, or pipe – as well as the smoke exhaled by smokers. Secondhand smoke contains more than 4,000 chemicals, including at least 69 that are known to cause cancer. Up to 62,000 nonsmokers in the United States die each year from causes related to secondhand smoke, including lung cancer, heart disease, bronchitis, pneumonia, asthma, and sudden infant death syndrome.

## QUIT SMOKING NOW, AND JOIN THE MAJORITY

Over 82 percent of Maryland adults don't smoke. Isn't it time to become one of them? There's never been a better time to quit smoking in Maryland. Places to smoke are fewer, while support for smokers who want to quit is at an all-time high.

## YOU'VE PROBABLY ALREADY THOUGHT ABOUT QUITTING

Of those Marylanders who do smoke, 75 percent say they want to quit – and for good reason. Smoking causes the premature death of between 7,000 and 10,000 Maryland residents each year. Another 150,000 Maryland residents currently suffer from heart disease, lung disease, or cancer caused by smoking.

## NOW IS THE TIME TO QUIT

Virtually all indoor public places are smoke-free as of February 1, 2008. In addition, there is a tobacco tax increase of an additional \$1.00 on every pack of cigarettes sold in Maryland as of January 1, 2008.

## WE CAN HELP YOU QUIT

The *Maryland Tobacco Quitline*, **1-800-QUIT NOW**, provides free services for tobacco users, including a professional “quit coach” who can give you quitting techniques, help you make a personal quit plan, and offer ongoing telephone support. Free NRT – nicotine replacement therapy – (patches and gum) is also available through the *Quitline* while supplies last. The *Quitline* can even refer you to other cessation resources in your community, including free cessation services offered at all local health departments. For more information, call your local health department or visit the *Quitline's* Web site at [www.SmokingStopsHere.com](http://www.SmokingStopsHere.com).

## SOME TIPS TO GET YOU STARTED

- Talk to your doctor or pharmacist about medicines or NRT products to help you quit.
- Write down your reasons for wanting to quit; keep the list with you for extra motivation.
- Set a quit date and plan ahead to help deal with cravings.
- Tell your family, friends, and co-workers about your plans to quit.
- Have alternatives to smoking available, such as mints, carrots, or cinnamon sticks.
- Avoid situations that always trigger an urge to smoke.



air! Enjoy Maryland's new smoke-free atmosphere at your favorite bars and restaurants. To learn more about the Maryland Clean Indoor Air Act, visit [www.mdcleanair.org](http://www.mdcleanair.org) or call 1-866-703-3266.

**Department of Health and Mental Hygiene  
Contact Staff for Maryland's  
Clean Indoor Air Program**



<b>County</b>	<b>Contact Name</b>	<b>Telephone #</b>
Allegany	Brian Dicken	301-759-5040
Anne Arundel	Gerry Zitnik	410-222-7238
Baltimore City	Bernard Bochenek	410-396-4398
Baltimore County	Yvonne Deloatch	410-887-6006
Calvert	Paul McFaden	410-535-3922
Carroll	Charles Zeleski	410-479-8080
Caroline	Laura Patrick	410-876-1884
Cecil	Stephanie Garrity	410-996-5550
Charles	Trish Herriman	301-609-6751
Dorchester	William Forlifer	410-228-3223
Frederick	Deidra Moltere	301-600-2542
Garrett	Tina Buckel	301-334-7760
Harford	Joe Delizia	443-643-0300
Howard	Heather Ross	410-313-2640
Kent	John Beskid	410-778-1361
Montgomery	Kevin Chennai	240-777-3986
Prince George's	Paul Meyer	301-883-7605
Queen Anne's	John Nickerson	410-756-2281
Somerset	Karen Russell	301-475-4348
St. Mary's	Mike McIntyre	443-523-1732
Talbot	Paula Lowry	410-819-5600
Washington	Tara Funk	240-313-3400
Wicomico	Bob McClain	410-546-4446
Worcester	Janet Tull	410-352-3234



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**No Smoking**

**Maryland Clean Indoor Air Act**



100% SMOKE FREE



# No Smoking

Maryland Clean Indoor Air Act



100% SMOKE FREE



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**Maryland Clean Indoor Air Act**



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**Maryland Clean Indoor Air Act**



100% SMOKE FREE