



Questions about the new Indoor Clean Air Act?

Is there a distance requirement away from doors where smokers can smoke outside?

Yes, smoking is prohibited within 10 feet of any doorway, open window and air intake of establishments where smoking is prohibited.

Are signs required and where can they be obtained?

Effective July 1, 2010, businesses that prohibit smoking will be required to post signs that have the international no smoking symbol and state that smoking is prohibited by state law. These signs are available for free by

download or mail upon request at

www.KSsmokefree.org/no_smoking_sign.html.

What are the penalties for breaking the law?

Fines, for owners/operators and smokers:

- 1st violation = not more than \$100
- 2nd violation within 1 year = not more than \$200
- 3rd and additional violations within 1 year = not more than \$500 per violation
- Each individual smoking in an establishment where smoking is prohibited is a

separate violation for the business.

How will this law be enforced?

Local law enforcement (police or sheriff) have the authority to enforce the Kansas Indoor Clean Air Act. Violators will be guilty of a cigarette or tobacco infraction (see fines above).

What about outdoor environments?

Businesses may choose to allow smoking in outdoor areas that are at least 10 feet from doorways, open windows and air intakes.

For more information, go to: www.KSsmokefree.org

Ready to quit using tobacco?

The Kansas Tobacco Quitline, 1-800-QUIT-NOW (784-8669), provides free, private, one-on-one phone counseling to any Kansan ready to quit tobacco use. Smokers, spit-tobacco users, family and friends of tobacco users, and health professionals can call the Quitline for help and information. Quitting tobacco use is the best thing you can do for your health.

Services are available 7 days a week, 24 hours a day.

A Quitline counselor will help you:

- Set a quit date to help your chance of success
- Learn ways to cope with cravings and withdrawal
- Change your habits related to smoking or chewing

- Avoid weight gain and other side effects
- Find other local support
- Get support whenever you are tempted to smoke or chew





HEALTH NEWS

CHRONIC DISEASE RISK REDUCTION PROGRAM

Health Education and Promotion
 Reno County Health Department
 209 W. 2nd St.
 Hutchinson, KS 67501

Phone: 620-694-2900
 Fax: 620-694-2901

Healthy people build strong communities.



If you would like to continue to receive this newsletter, please email: katie.smith@renogov.org.

Operation Storefront 2010

On June 3, 2010, a group of local youth participated in Operation Storefront 2010 reviewing 16 of the same stores that were used in the Operation Storefront 2007. The goal of Operation Storefront is to raise awareness of the tobacco industry's successful marketing strategies using retail advertising and promotions and its impact on youth.

A few of the changes since 2007:

- * Smokeless tobacco advertisement has doubled
- * Total tobacco advertisements have nearly doubled
- * There are over twice the number of "We Card" and "Age of Sale" signs.

For a full report, go to www.renogov.org/cdr and find Operation Storefront 2010 under the "Tobacco" or "Youth Zone" menu.

Enjoy everyday activities AND burn calories!

Many people think that working out can be such a chore because they have to plan time to fit it into their already busy schedule. Some great things to keep in mind regarding daily physical activity and trying to fit it into your day are:

- * Split it up. To get the recommended amount of 30-60 minutes of physical activity most days of the week, it can be split up into short bursts of 10-15 minute activities during the day.
- * Doing your everyday chores

and summer activities help burn calories and get your heart rate up. These activities are a built in way to get chores done, stay healthy, and not have to leave home!

- * A few ideas for your around the house activities are: Washing your car manually uses on average about 185 calories every half hour.



- * During the summer do you tend to your garden? Tilling and pulling up weeds for around 30 minutes can burn around 204 calories.
- * Walk in place during a 30 minute TV show and burn around 120 calories.



Enjoy staying active daily and just keep moving, every little bit helps keep you healthy!