

# WHY?

## Be Tobacco-Free

- In April 2004, the CDC issued an advisory warning people with a heart condition or those predisposed to heart disease to avoid all indoor environments where smoking is allowed. As little as 30 minutes of exposure to secondhand smoke can cause an immediate heart attack.

*- U.S. Centers for Disease Control and Prevention (CDC)*



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

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