



## **Testimony in Support of House Bill 4101**

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House Committee on Health Care

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The Oregon Nurses Association (ONA) represents 15,000 registered nurses throughout the state. When ORS 433.845 was put into place we all celebrated. Before this, our coworkers and others who wanted to smoke would barely step outside the door to do so and ashtrays were placed right by the door. Everyone entering the building would walk through the smoke and it was only slightly better than them smoking inside as the smoke was carried into the offices and other businesses. Ten feet away from the door seemed like a big improvement and signs and stickers went up everywhere. Some smokers still broke the rules but at least there was an ordinance to support this problem.

Now we are asking to increase the distance to 25 feet. Nonsmokers have realized that 10 feet is just not far enough. According to the National Institutes of Health, secondhand smoke can stay in the air for several hours and travel up to 20 feet. If you can smell it, you are probably too close.

Secondhand smoke can cause coughing, chest congestion, wheezing, respiratory illnesses and breathing difficulties. Over time, respiratory function can decrease, and lung and cardiac disease can be linked to secondhand smoke exposure. We also know there is an increased risk for SIDS (sudden infant death syndrome) for infants exposed to secondhand smoke.

As a registered nurse and public health nurse I have experienced secondhand smoke in many ways. In the early years, clients smoked in the hospital and in their homes when we were doing home visits. Now the smoking has moved to porches, sidewalks and parking lots. Many apartment complexes now ban smoking completely and residents must walk off the property to smoke or risk eviction. Many people have quit smoking or greatly decreased their smoking due to the inconvenience.

With the passage of HB 4101, we will be moving secondhand smoke further away from others who choose not to smoke and not put their own health at risk. Please join me in supporting HB 4101. Thank you.