

Secondhand Smoke

What is Secondhand Smoke?^{1,2}

Secondhand smoke is a mix of two types of burning tobacco.

- One comes from the burning end of a cigarette, cigar, or pipe.
- The other is exhaled by a smoker.

Health Risks^{1,2}

- Secondhand smoke can be as harmful as smoking.
 - » It has over 7,000 chemicals, about 70 of which can cause cancer.
 - » It kills over 41,000 non-smoking adults in the U.S. every year.
 - » It can cause heart disease, lung disease, stroke in non-smokers.
 - » It can also cause cancer.
- Secondhand smoke slows healing.
- Kids who breathe it get sick more often. They are at risk for:
 - » Ear infections
 - » Colds
 - » Asthma attacks
 - » Bronchitis and pneumonia
 - » Coughing, wheezing
 - » Shortness of breath
- Babies are at higher risk for sudden infant death syndrome (SIDS).
- Secondhand smoke can harm pets, too.

Limit the Risk

- Any contact with secondhand smoke can be harmful. No level is safe.
- Keep your home and car smoke-free.
 - » In California, it is illegal to smoke in a car if anyone is under 18 years old.³
- Ask people not to smoke in your home or car. Going to another room or opening windows is not enough.
- Make sure that no one smokes around your kids. Be firm.
- If you smoke, stop!



**Call for FREE help to quit smoking!
1-800-300-8086**

¹ National Cancer Institute (2018). *Secondhand Smoke and Cancer*.

² CDC (2018). *Secondhand Smoke (SHS) Facts*.

³ California Legislative Information. *Health and Safety Code, Article 2.5. Smoking in Motor Vehicles*.