No Amount of Secondhand Smoke is Safe

Secondhand Smoke Hurts Everyone

Secondhand smoke is a combination of smoke in the air burned from the end of a lit cigarette and smoke breathed out by smokers. It is dangerous to both smokers and non-smokers.

Even brief exposure to secondhand smoke can **damage the lining of the blood vessels** and **cause a deadly heart attack**.

Exposure to secondhand smoke causes nonsmokers to experience more:

☐ Colds and respiratory problems.

☐ Risks for developing and dying from heart disease and stroke.

☐ Lung Cancer. In fact, regular exposure to secondhand smoke increases your chance of getting lung cancer by 20 to 30 percent.

☐ Premature births, low birthweight infants and miscarriages.

☐ Asthma attacks bad enough to send you to the hospital.

NOTE: E-cigarette aerosol contains harmful chemicals, including nicotine, which is highly addictive, and this is especially harmful to young people and unborn children.

More than 50,000 Americans die each year from lung cancer and heart disease caused by being around secondhand smoke. There is no safe amount of tobacco smoke. Even being around secondhand smoke for a short time can harm your health.

Tips to avoid secondhand smoke exposure:

☐ Don't allow people to smoke around you and your loved ones.

☐ Having a window open or fan on does not protect you from secondhand smoke.

☐ If you live with a smoker, find a safe smoking area for them outside away from doorways, windows or air vents.

☐ Encourage loved ones to quit!

☐ Even an area that was previously smoked in is hazardous, as the chemicals settle on surfaces.

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