

Secondhand Smoke

Secondhand smoke is a mixture of 2 forms of smoke that come from burning tobacco. One form comes from the burning end of a cigarette, cigar, or pipe, and the other is exhaled by a smoker. It has over 7,000 chemicals, about 70 of which can cause cancer.¹

Health Risks¹

- Secondhand smoke can be as unsafe as smoking. It kills over 41,000 non-smoking adults in the U.S. every year.
- It can cause heart disease, lung disease, stroke, and several kinds of cancer in non-smokers. Secondhand smoke harms pets, too.
- Children who breathe secondhand smoke get sick more often and are at risk for:
 - » Ear infections
 - » More frequent and severe asthma attacks
 - » Lung problems, like bronchitis and pneumonia
 - » Coughing, wheezing, and shortness of breath
- Babies exposed to secondhand smoke are at greater risk of sudden infant death syndrome (SIDS).
- Secondhand smoke slows healing. People who breathe it usually stay sick longer.
- Any exposure to secondhand smoke is harmful. No level is safe.



Limit the Risk

- If you smoke, stop. You can get free help in California at 1-800-NO-BUTTS, and nationwide at 1-800-QUIT-NOW.
- Keep your home and car smoke-free. In California, as of January 1, 2008, it is against the law to smoke in a car if any passenger is under 18 years old.²
- If you live with smokers or have guests over, ask them not to smoke in your home or car. Going to another room, or opening windows, is not enough.
- Insist that no one smoke around your children—not even grandparents or babysitters. Be firm. Your children's health is important.
- Take a smoke-free home pledge to protect yourself and household from the dangers of secondhand smoke.

Remember

You have a right to be safe from secondhand smoke!

¹Centers for Disease Control and Prevention. (2016). *Secondhand Smoke (SHS) Facts*. Retrieved on 6/16/16 from https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm

²California Department of Public Health. (2008). *New "Smoke-Free Cars with Minors" Law*. Retrieved on 6/16/16 from <https://www.cdph.ca.gov/Pages/PH08-01.aspx>