

SECONDHAND SMOKES YOU



WHERE ARE PEOPLE EXPOSED TO SECONDHAND SMOKE?

Secondhand smoke is:

- Anywhere someone smokes.
- Even more harmful in enclosed spaces like **homes** and **cars**.

WHAT IS IN SECONDHAND SMOKE?

- More than **7,000 chemicals** including **arsenic** and **cyanide**
- About **70 chemicals** that are known to cause **cancer**

WHO DOES SECONDHAND SMOKE AFFECT IN THE U.S.?

• **88 million** non-smokers



1 in 5

- Kids live with someone who smokes at home.
- Middle and high school students are exposed to smoke in a car.

SECONDHAND SMOKE TRAVELS: In buildings, it can't be entirely eliminated by separating people who smoke from non-smokers, using air filters or ventilation systems.

SECONDHAND SMOKE KILLS AN ESTIMATED **49,400 NON-SMOKING ADULTS** IN THE U.S. EACH YEAR



Heart Disease = about **46,000** deaths a year



● = 1,000 deaths ◐ = 400 deaths



Lung Cancer = about **3,400** deaths a year

- Breathing secondhand smoke can immediately increase risk for heart attacks.

- Cancer-causing and toxic chemicals are more concentrated in secondhand smoke.

Sources:

- U.S. Department of Health and Human Services, Secondhand Smoke (SHS) Facts, Centers for Disease Control and Prevention, [Accessed March 2012].
- Secondhand Smoke Exposure in Cars Among Middle and High School Students—United States, 2000–2009. Brian A. King, Shanta R. Dube, and Michael A. Tynan. Pediatrics peds.2011-2307; published ahead of print February 6, 2012, doi:10.1542/peds.2011-2307

For more information and tools to support smoke-free environments, visit

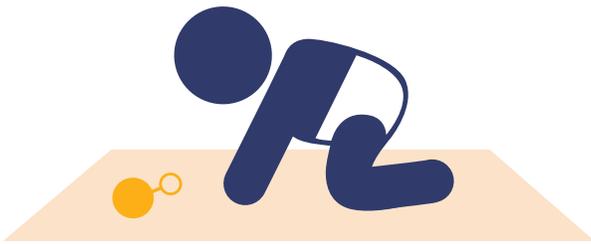
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PROTECT YOUR LOVED ONES

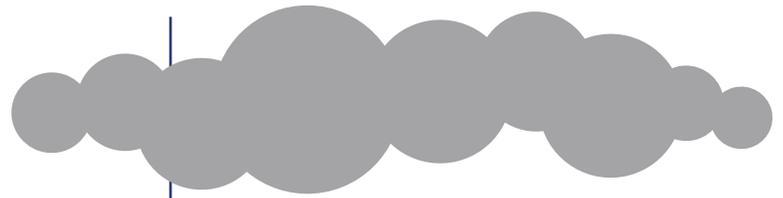


EFFECTS ON BABIES (18 MONTHS AND YOUNGER):

- Secondhand smoke is a known cause of sudden infant death syndrome (SIDS).
- It is responsible for about:

• **150,000-300,000** respiratory infections.

• **7,500-15,000** hospitalizations every year.



EFFECTS ON CHILDREN:

- Longer and worse asthma and allergy attacks
- Bronchitis, ear infections, and respiratory infections
- Coughing, phlegm, and trouble breathing
- Reduced lung function
- Sore throats and croup



YOU CAN PROTECT YOURSELF AND YOUR LOVED ONES FROM SECONDHAND SMOKE.

The U.S. Surgeon General says: There is no risk-free level of exposure. The only way to fully protect yourself and your loved ones from the dangers of secondhand smoke is to eliminate smoking indoors:

- Make your homes and cars smoke-free zones.
- If you rent, ask your landlord to go smoke-free.
- Ask people not to smoke around you and your children.
- Make sure that your children's day care center or school is smoke-free.
- Teach children about secondhand smoke.
- Avoid secondhand smoke especially if you or your children have breathing problems, heart disease, or if you are pregnant.
- Talk to your doctor or healthcare provider more about the dangers of secondhand smoke.



Sources:

- U.S. Department of Health and Human Services, Secondhand Smoke (SHS) Facts, Centers for Disease Control and Prevention, [Accessed March 2012].
- Health Effects of Exposure to Environmental Tobacco Smoke. California Environmental Protection Agency, Final Report, September 1997

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