

Secondhand Smoke

What is Secondhand Smoke?^{1,2}

Secondhand smoke is a mix of two forms 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, and 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 and 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 smoke around your kids. Be firm.
- If you smoke, stop!



Call to Get FREE help to quit smoking today!
English: 1-800-QUIT-NOW (1-800-784-8669)

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.