

SECONDHAND SMOKE: NO SAFE AMOUNT

LET'S CLEAR THE AIR.

Secondhand smoke isn't just an annoyance

- Secondhand smoke contains the same cancer-causing chemicals that smokers inhale; even brief exposure is harmful.
- Adult exposure to secondhand smoke has immediate effects on the cardiovascular system and causes long-term health problems like heart disease and lung cancer.
- Secondhand smoke irritates your skin, eyes, nose and throat.
- Because their bodies are still developing, the poisons in smoke especially hurt children.

No amount of secondhand smoke is safe

- Being in a smoky room for even a short time (15-30 minutes) causes changes in the stickiness of blood, increasing risk for a heart attack.
- Exposure can trigger respiratory symptoms, including coughing, phlegm build-up, wheezing, and breathlessness.
- Breathing in secondhand smoke at home or work increases the risk of developing heart disease and lung cancer by 20 to 30 percent.

GO ONLINE AND VISIT
MYSMOKEFREESTORY.COM
TO DOWNLOAD A SET OF TIP CARDS TO HELP KEEP BUSINESS OWNERS AWARE OF THE DANGERS OF SECONDHAND SMOKE.

Ways you may breathe secondhand smoke and not even know it

- Sitting in a room with “smoking” and “no smoking” sections, even if your area doesn't smell smoky.
- Riding in a car while someone else is smoking, even if the window is open.
- Being in a house where people are smoking, even if you're in another room.
- Working in a restaurant, warehouse, or building that allows smoking inside, even if there is a filter or ventilation system.

Protect yourself and others from secondhand smoke

- Make sure your home, car, and workplace are smoke-free.
- Support smoke-free public places
- Ask people not to smoke around you or your children.

SHARE YOUR STORY ABOUT SECONDHAND SMOKE AT
MYSMOKEFREESTORY.COM

Information for this fact sheet came from The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report from the Surgeon General, 2006.

This resource was created by the Tobacco Control Resource Center for Wisconsin • www.tobwis.org

