



Secondhand Smoke

Tips For Reducing Your Exposure

Secondhand Smoke

Secondhand smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe, or cigar and the smoke exhaled from the lungs of smokers. Tobacco smoke contains over 4,000 chemicals, 200 of which are known poisons, and more than 50 known cancer-causing agents. There is no safe level of exposure to secondhand smoke. Smoking-related diseases claim an estimated 430,700 American lives each year.

In adults, exposure to secondhand smoke causes eye, nose, and throat irritation as well as headaches. It has been estimated that about 3,000 lung cancer deaths per year have been caused by secondhand smoke, and exposure has been confirmed to cause nasal sinus cancer in non-smokers. Along with cancer, secondhand smoke has been confirmed to cause between 35,000 and 62,000 coronary heart disease deaths per year.

In infants and children, exposure to secondhand smoke does not cause as many deaths, however it can stimulate the onset of life-long health conditions. It is estimated that 1,868-2,708 sudden infant death syndrome (SIDS) casualties are caused by secondhand smoke annually. In addition it is estimated that secondhand smoke triggers or aggravates the asthma of 200,000-1,000,000 children a year. Other health effects include: increased prevalence of lung disease, bronchitis, and pneumonia, slower growth in lung function, and 7,500-15,000 child (under 18 months) hospitalizations a year for lower respiratory tract infections and ear infections.

Tips for reducing your exposure to tobacco smoke:

- Do not smoke when you are pregnant.
- Make your home a smoke-free zone. Remove all ashtrays from your home and do not allow family or guests to smoke while inside.
- Support those who decide to quit smoking.
- Protect your children. Let caregivers and babysitters know that you do not allow smoking in your home or around your children.
- Do not allow smoking in your car.
- Patronize businesses with no-smoking policies.

For More Information Please Visit www.HealthHouse.org

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Tips (cont.):

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Raising the Standards for Healthier Indoor Environments.

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