

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.

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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

