

# Secondhand Smoke

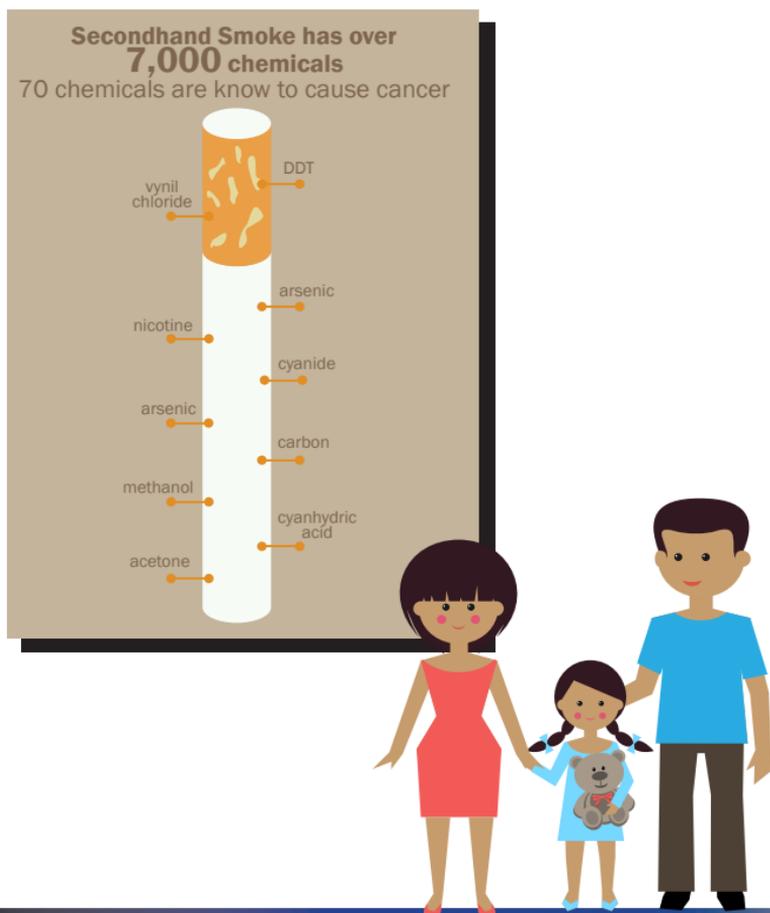
## What is it?

The smoke that comes off the burning end of the cigarette or cigar and the smoke exhaled by the person who is smoking.

*Secondhand smoke contains more than 7,000 known chemicals.<sup>1</sup> Approximately 70 are known to cause cancer.<sup>4</sup>*

## Secondhand smoke and you.

- ✓ Secondhand smoke is a known cause of lung cancer, heart disease, low birth-weight births, and chronic lung ailments such as bronchitis and asthma (particularly in children), as well as other health problems.
- ✓ According to the Centers of Disease Control and Prevention (CDC), more than 41,200 adult nonsmokers die every year in the United States from heart disease and lung cancer caused by exposure to secondhand smoke.<sup>2</sup>



*Secondhand smoke seeps into every corner of a building through light fixtures, cracks in walls, holes in caulk, around plumbing, under doors, through heating and ventilation or any other hole.*



### **Protect yourself and your family.**

- ✓ Don't allow smoking in your home or vehicle, even with windows open.
- ✓ Make sure your children's day care center and school are tobacco free.

*There is no safe level of exposure to secondhand smoke.<sup>3</sup>*



#### **Sources:**

- <sup>1</sup> U.S. Department of Health and Human Services How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking Attributable Disease.
- <sup>2</sup> <http://www.surgeongeneral.gov/library/reports/50-years-of-progress/index.html>
- <sup>3</sup> <http://www.surgeongeneral.gov/library/reports/tobaccosmoke/factsheet.html>
- <sup>4</sup> [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/general\\_facts/](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/)

Produced with funding from the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control. Created July 2016.

