

# SECONDHAND SMOKE

**Smoking doesn't  
just harm  
YOUR health.  
It can kill the  
people you love!**

- ◆ **The only way to truly protect nonsmokers is to eliminate smoking** in your home, in your vehicle, and in any other place where they may be exposed secondhand smoke.
- ◆ Separating smokers from nonsmokers, using air filters, or opening windows **won't prevent people from breathing secondhand smoke.**
- ◆ **There is no risk-free level of secondhand smoke.** Even brief exposure can be harmful to health.
- ◆ Since 1964, **approximately 2.5 MILLION** nonsmokers have died from health problems caused by exposure to secondhand smoke.
- ◆ **Tobacco smoke contains 7,000+ chemicals**, which includes hundreds that are toxic and about 70 that are known to cause cancer.

## THE *DANGEROUS* EFFECTS OF SECONDHAND SMOKE

In children, secondhand smoke can cause ear infections, more frequent and severe asthma attacks, respiratory symptoms (coughing, sneezing, shortness of breath, etc.), bronchitis and pneumonia, and a greater risk of sudden infant death syndrome (SIDS). In adults who have never smoked, secondhand smoke can cause heart disease, lung cancer, and stroke. You can protect yourself and your family from secondhand smoke by:

- ◆ Quitting smoking if you are not already a nonsmoker
- ◆ Not allowing anyone to smoke anywhere in or near your home
- ◆ Not allowing anyone to smoke in your car, even with the windows down
- ◆ Making sure your children's day care center and schools are tobacco-free

REFERENCES: [CDC.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/general\\_facts](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts)

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**318-966-QUIT**



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# WHAT IS THIRDHAND SMOKE?

## **There is still a great deal of research taking place regarding the exact dangers of thirdhand smoke.**

***But what is thirdhand smoke?*** We've most likely all heard of secondhand smoke by now, but many people have never heard the term "thirdhand smoke." According to the Mayo Clinic,\*

- ◆ Thirdhand smoke is considered to be nicotine and other chemicals left on a variety of surfaces by tobacco smoke.
- ◆ This residue is thought to react with common pollutants to create a toxic mix.
- ◆ This toxic mix of thirdhand smoke contains cancer-causing substances, posing a potential health hazard to nonsmokers who are exposed to it, *especially children.*
- ◆ Infants, children, and nonsmoking adults may be at risk of tobacco-related health problems when they inhale, ingest, or touch substances containing thirdhand smoke.
- ◆ Studies show that thirdhand smoke clings to hair, skin, clothes, furniture, drapes, walls, bedding, carpets, dust,

vehicles, and other surfaces, even long after smoking has stopped.

- ◆ Thirdhand smoke is a relatively new concept, and researchers are still studying its possible dangers.
- ◆ Thirdhand smoke residue builds up on surfaces over time and resists normal cleaning.
- ◆ Thirdhand smoke can't be eliminated by airing out rooms, opening windows, using fans or air conditioners, or confining smoking to certain areas of a home.
- ◆ The only way to protect nonsmokers from thirdhand smoke is to create a smoke-free environment.

***Quitting smoking can be difficult to do alone, but support is available through the St. Francis Tobacco Cessation Program.***

**Any time you need assistance with your cessation journey, need to ask questions or just need to talk, call us at (318) 966-QUIT.**

\* <http://www.mayoclinic.org/healthy-living/adult-health/expert-answers/third-hand-smoke/faq-20057791>

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