



Secondhand Smoke

PROTECT YOUR FAMILY

Secondhand Smoke is Dangerous

- Secondhand smoke is the smoke that comes from a lighted cigarette.
- There is **no risk-free** level of secondhand smoke exposure. Even brief exposure can be dangerous.
- More than **4,000 chemicals** are found in a single puff of smoke, including more than 50 cancer causing agents.
- Secondhand smoke causes ear problems, acute respiratory infections, and wheeze illnesses in children. It also slows lung growth and makes asthma more severe.
- Secondhand smoke can cause lung cancer and increases the risk of heart disease in non-smoking adults.
- Secondhand smoke is linked to Sudden Infant Death Syndrome (SIDS).



Protect Your Family

- Make a rule that smoking is not allowed in your home.
- **Smoke outside**-at least 25 feet from the house.
- **Do not smoke in the car** with children or other passengers.
- Ask your doctor for ways to help you stop smoking.

Make Your Home Smoke-free



The TRUTH

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