



### A Real Danger

It's called secondhand smoke, sidestream smoke, passive smoke, or environmental tobacco smoke. Whatever the name, it means danger. The smoke from cigarettes, cigars, or pipes is as dangerous to people who don't smoke as to those who choose to light up.

Researchers first linked secondhand smoke with lung and respiratory illnesses in the mid-1980s. The link has been confirmed in more than 30 other studies since that time.

These scientific findings led the Environmental Protection Agency (EPA) to classify secondhand smoke as a *Group A Carcinogen* — its category for the most dangerous cancer causing agents.



### No Smoking Please

The past 15 - 20 years have brought dramatic changes in public smoking regulations. Airlines, bus companies, and other forms of public transportation made "no-smoking" a policy. Restaurants offered "non-smoking" dining areas. Many eateries became entirely smoke-free.

In 1996, the Center for Disease Control and Prevention (CDC) published a report concluding that *nearly 9 out of 10 non-smoking Americans are exposed to second-hand smoke*. This has prompted theaters, bars, and nightclubs to phase out smoking, while most offices and workplaces have entirely prohibited smoking inside their premises.

Secondhand tobacco smoke is bad for adults. It is even worse for children. Smokers make a choice to use tobacco, but they have a responsibility to non-smokers to protect their right to live a healthy, smoke-free life.

### For More Information

Go to [www.intheknowzone.com](http://www.intheknowzone.com) for more information about the harmful effects of tobacco. Increase your knowledge using the information, statistics, images, and links.

Test your understanding with a quick quiz.



Don't stay in the dark.  
Get In the Know!

**in the know**

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# Secondhand Smoke

*your habit  
hurts others*





## Secondhand Smoke = First Hand Illness

All of the same carcinogenic chemicals and toxic substances inhaled by a smoker are emitted as secondhand smoke. About half of the smoke generated from a cigarette, cigar, or pipe is secondhand smoke.

Non-smokers exposed to secondhand smoke are at the same risk for many illnesses suffered by smokers:

- Lung cancer
- Heart disease
- Bronchitis
- Asthma
- Pneumonia

The National Institute of Health estimates that 3,000 non-smokers die from lung cancer caused by secondhand smoke each year, while another 35,000 deaths from heart disease have been linked to secondhand smoke exposure.



Smoke-free lungs



Lungs exposed to  
secondhand smoke



## Hurting Loved Ones the Most

Over 4,000 chemicals are released when tobacco is burning, 40 of which are known to cause cancer. Smokers hurt the people closest to them by exposing them to their tobacco habit. *Non-smoking spouses of smokers are 40% more likely to develop lung cancer and heart disease.*

The earlier the exposure to secondhand smoke, the more health problems are caused to a non-smoker over their lifetime.

Hundreds of thousands of young children develop lower respiratory tract infections like pneumonia or bronchitis. Children also are more likely to develop ear infections and asthma from secondhand smoke exposure.

## Secondhand Smoke and Pregnancy

The cancer-causing chemicals in cigarette smoke pass from mother to baby, whether the mother smokes or not.

Exposure to secondhand smoke during pregnancy and in infancy affects the development of a baby's lungs. The child is also at higher risk for long-term heart problems, ear infections, and asthma.

*Secondhand smoke is also believed to increase the risk of Sudden Infant Death Syndrome (SIDS). SIDS is the major cause of death in infants between 1 month and 1 year of age. This is why smoking is not allowed in places where young children are cared for, such as day care centers and nurseries.*

infections

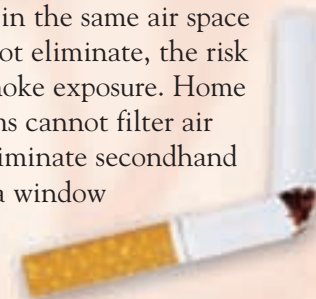
exposure



## Making an Environment Smoke-Free

Smokers should take every precaution to protect their loved ones from the harmful effects of secondhand smoke. Smoking in an area outside the home is the best way to prevent exposure.

Studies suggest that separating smokers and non-smokers in the same air space will reduce, but not eliminate, the risk of secondhand smoke exposure. Home ventilation systems cannot filter air well enough to eliminate secondhand smoke. Opening a window or going into another room is not enough to protect someone from secondhand smoke exposure, especially a child.



In addition to protecting your family, keeping your home smoke-free has many other benefits:

- Your home will smell better.
- Food will taste better.
- Your walls, windows, curtains, and mirrors will be cleaner.
- Insurance rates may be lowered.
- Pets will be happier and healthier.

Protect yourself and your loved ones  
Be Smoke-Free!