

# Secondhand Smoke

It can be just as dangerous to non-smokers as cigarettes are to smokers.

## What is Secondhand Smoke?

Secondhand smoke is smoke from burning tobacco products, such as cigarettes, cigars, or pipes.<sup>1,5,6</sup> It is also smoke that has been exhaled, or breathed out, by the person smoking.<sup>5,6</sup> Tobacco smoke contains more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer.<sup>1</sup>

## Exposure and Health Risks

Exposure to secondhand smoke can happen in homes, cars, workplaces and public places such as bars, restaurants and entertainment venues.<sup>2</sup> Secondhand smoke exposure

contributes to approximately 41,000 deaths among nonsmoking adults and 400 deaths in infants each year.<sup>3</sup> Secondhand smoke causes stroke, lung cancer, and coronary heart disease in adults.<sup>3,4</sup>

## Risk to Children

Children of smokers are at particularly high risk because their lungs are still developing. Children whose parents smoke are more likely to develop chronic bronchitis, pneumonia, asthma, allergies, coughs and ear infections. Infants of smokers are twice as likely to die from Sudden Infant Death Syndrome.<sup>2</sup>



call  
**1.800.QUIT.NOW**



text  
**READY to 200-400**



visit  
**quitwithusla.org**

## Protect yourself and your family from secondhand smoke:<sup>2,6,7</sup>

- Quit smoking if you are not already a nonsmoker. It's never too late to quit, and the health benefits of quitting are immediate.
- Don't allow anyone to smoke or vape anywhere in or near your home.
- Don't allow anyone to smoke or vape in your car, even with the windows down. It is against Louisiana law to smoke or vape in a car when a child under the age of 13 is present.
- Make sure your children's day care center and schools are tobacco-free.
- Seek out restaurants and other places that do not allow smoking.
- Teach your children to stay away from secondhand smoke.
- Be a good role model by not smoking or using any other type of tobacco.

## Ready to Quit?

Quitting is not easy, and it requires effort and a strong commitment. But you can quit, and Quit With Us, Louisiana is here to help and support you through the process. Call **1-800-QUIT-NOW**, text **READY** to **200-400** and visit **[www.quitwithusla.org](http://www.quitwithusla.org)**.

<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: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010. <sup>2</sup>U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 [accessed 2011 Mar 11]. <sup>3</sup>Centers for Disease Control and Prevention. 2014. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services. Retrieved from [https://www.ncbi.nlm.nih.gov/books/NBK179276/pdf/Bookshelf\\_NBK179276.pdf](https://www.ncbi.nlm.nih.gov/books/NBK179276/pdf/Bookshelf_NBK179276.pdf). <sup>4</sup>U.S. Department of Health and Human Services. Let's Make the Next Generation Tobacco-Free: Your Guide to the 50th Anniversary Surgeon General's Report on Smoking and Healthpdf iconexternal icon. [PDF-795 KB] Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 [accessed 2016 Jan 11]. <sup>5</sup>Centers for Disease Control and Prevention. Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses—United States, 2000–2004. Morbidity and Mortality Weekly Report 2008;57(45):1226–8. <sup>6</sup>U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010 [accessed 2017 Feb 21]. <sup>7</sup>Huang J, King BA, Babb SD, Xu X, Hallett C, Hopkins M. Sociodemographic Disparities in Local Smoke-Free Law Coverage in 10 States. American Journal of Public Health 2015;105(9):1806–13 [cited 2017 Feb 21].