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.^{1,5,6} It is also smoke that has been exhaled, or breathed out, by the person smoking.^{5,6} Tobacco smoke contains more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer.¹

Exposure and Health Risks

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

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

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.²









Protect yourself and your family from secondhand smoke:26.7

- **>** 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.



Scan this QR code with your smartphone camera to learn more.

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 **34191** and visit **www.quitwithusla.org**.

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This document was published for the Louisiana Department of Health to provide education on tobacco cessation. This material was printed in accordance with standards for printing by State Agencies established in R.S. 43.31. Printing of this material was purchased in accordance with the provisions of Title 43 of the Louisiana Revised Statutes.