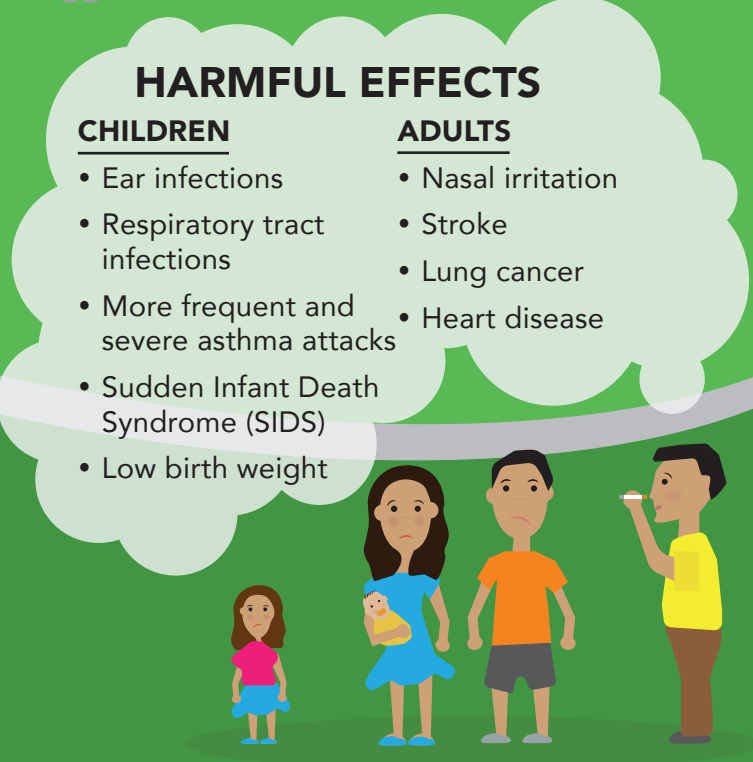
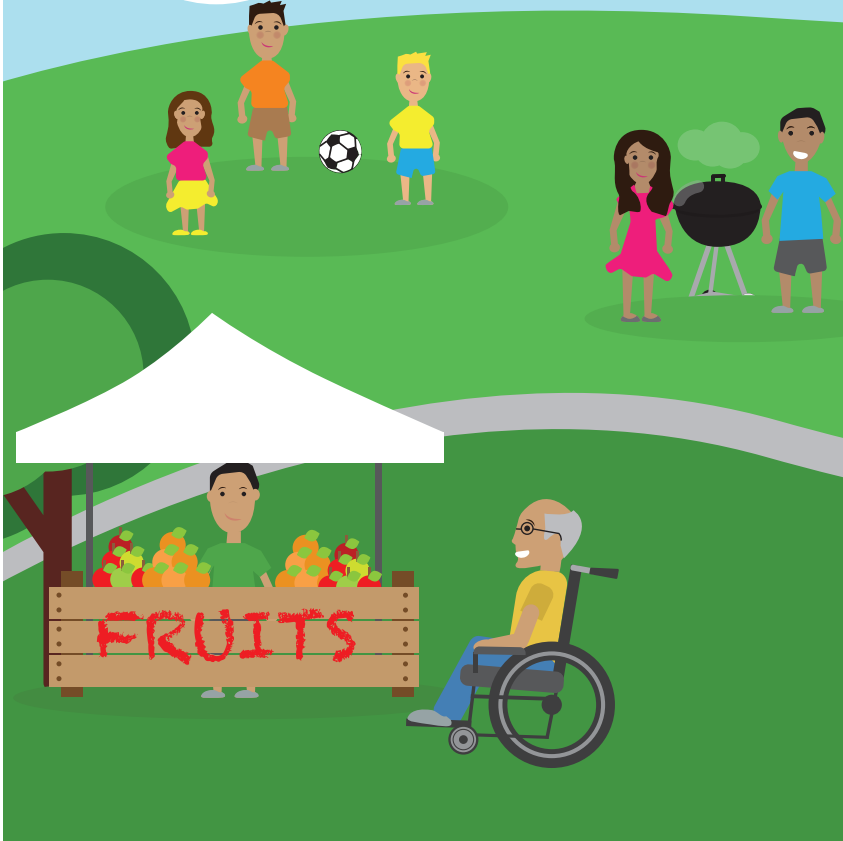


SECONDHAND SMOKE

- Secondhand smoke is smoke breathed in from tobacco being smoked by another person.
- Most exposure to secondhand smoke occurs in homes and workplaces but it can also happen in public places such as parks, farmers markets, and fairgrounds.
- Children under 18 months, the elderly, and people with disabilities are at most risk from secondhand smoke.

DID YOU KNOW?
SECONDHAND SMOKE KILLS
41,000
NON-SMOKERS A YEAR



HARMFUL EFFECTS

CHILDREN

- Ear infections
- Respiratory tract infections
- More frequent and severe asthma attacks
- Sudden Infant Death Syndrome (SIDS)
- Low birth weight

ADULTS

- Nasal irritation
- Stroke
- Lung cancer
- Heart disease

WHAT CAN YOU DO?

- If you smoke, don't do it in your home or car. Find a designated smoking area.
- Do not allow anyone to smoke in your home or car
- Ask if your child's day care center or school are tobacco-free
- For renters, talk to your property manager about adopting smoke-free policies
- If you smoke, learn about the effects of smoking and how to quit
- Call the California Smokers' Helpline **1-800-NO-BUTTS** or go to **www.nobutts.org**

CONTACT:

References:

1. California Department of Public Health. *Thirdhand Smoke*. 2017.
2. Centers for Disease Control and Prevention. *Health Effects of Secondhand Smoke*. 2018.
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4. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. 2006.

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