

What is Secondhand Smoke?

Secondhand smoke is the smoke that is given off when you burn a tobacco product, like a cigarette or cigar. It is also the smoke that is breathed out by a smoker.

Secondhand Smoke Dangers

There is no safe level of secondhand smoke. If you are around secondhand smoke, it is as if you are smoking too. Even if you are only around the smoke for a short amount of time, it has dangerous effects and makes you more likely to get heart disease, lung cancer and strokes.

Secondhand smoke has more than 4,000 chemicals. Many of these chemicals are toxic and cause cancer.

Children and babies who are around secondhand smoke are at higher risk for:

- Sudden Unexpected Infant Death (SUID)
- Ear infections and loss of hearing
- More frequent and severe asthma attacks. This can lead to the children going to the hospital or can even endanger their lives.
- Infections in the chest, nose, throat, and sinuses
- Various cancers, for example: lung, throat, and mouth cancers.

All of these can cause children to miss days of school.



What is Thirdhand Smoke?

Thirdhand smoke is the mix of toxins that sticks to skin, hair, clothing, furniture, carpet and other surfaces even after the secondhand smoke is gone. It is also very harmful to you and to your children.

Smoking in Homes

The home is where most children breathe secondhand smoke. Getting rid of smoking inside is the only way to protect non-smokers from tobacco smoke. Even if you keep smokers away from non-smokers and use a ventilation system it will not completely get rid of secondhand smoke.

Smoke-free rules at home make sure children are not harmed and can even help smokers who are trying to quit.

4 in 10 Vermont students (41%) were in the same room with someone who was smoking in the past week.



Smoke-Free Zones are Healthy

- Make a rule to make your home and car smoke-free areas. Tell everyone who visits about the rule, especially if they are there to care for your children.
- Ask adult smokers who live with you to please keep smoke away. Try telling them that when non-smokers breathe in cigarette smoke, it's like they're smoking too.
- Make sure your child's day-care, after-school programs and playgrounds are smoke-free.

Remember:

There is no safe level of exposure to tobacco smoke

Visit www.802Quits.org or call 1-800-QUIT-NOW (784-8669)
For free quit coaching and support.