



# The Dangers of Secondhand Smoke

## What is secondhand smoke?

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**Secondhand smoke is the smoke that escapes from the end of a lit cigarette.** It also comes from cigars or pipes. It also is the smoke that is blown out by the smoker. This smoke has nicotine and harmful chemicals. It affects everyone around the smoker.

## Why is it dangerous?

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**It causes cancer and other diseases.** Secondhand smoke can cause lung cancer. It is also connected to breast cancer, brain tumors, leukemia and other cancers. Secondhand smoke can cause other diseases like asthma, heart disease and stroke.

**Thousands of people die each year because of secondhand smoke.**

## Is it dangerous to smoke around children?

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**Yes! Secondhand smoke can cause lung and ear infections and more severe asthma in babies and children.** Secondhand smoke increases the risk of sudden infant death syndrome (SIDS) in children. Pregnant women should never be around secondhand smoke. It can lead to miscarriage or low birth-weight babies.

## How much is too much?

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**There is NO safe level of exposure to secondhand smoke.** Any exposure is too much.

## What can I do to protect my family?

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**The best thing you can do is to not allow smoking in your home and car.** Make sure you and your children are not exposed to secondhand smoke when you visit friends and family. Opening windows, running fans or using air filters is not enough.

**This won't prevent the dangers of secondhand smoke.**

### Sources:

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