

Things You Should Know About Secondhand Smoke



What is Secondhand Smoke?

When a person smokes near you, you breathe secondhand smoke. Secondhand smoke is the combination of smoke from the burning end of the cigarette and the smoke exhaled by smokers. When you breathe secondhand smoke, it's like you're smoking a cigarette.

Even breathing a little secondhand smoke can be bad for your health.

1 Know Your Facts

- More than 50 cancer-causing agents are in secondhand smoke.
- Secondhand smoke contains more than 4,000 toxic chemicals, including benzene (gas), arsenic (rat poison) and carbon monoxide (fumes from cars).
- The poisons in cigarette smoke can cause brain, lung and heart problems.
- Each year, about 3,400 lung cancer deaths and more than 22,000 heart disease deaths occur because of exposure to secondhand smoke.
- People who breathe secondhand smoke at home or at work have a 20 to 30 percent increase in the risk of lung cancer and heart disease.
- Children exposed to secondhand smoke are at increased risk of developing colds, allergies, asthma and ear infections.
- Secondhand smoke causes at least 150,000 cases of pneumonia and bronchitis in children every year.
- Breathing secondhand smoke is a known cause of Sudden Infant Death Syndrome (SIDS).
- Smoke-free homes and cars often smell better and require less time and money spent on cleaning.
- Secondhand smoke exposure is linked to negative health effects on household pets.



2 Protect Yourself and Your Loved Ones

- It's OK to ask someone not to smoke around you.
- Don't smoke in your house and don't permit others to do so.
- Place a "Thank you for not smoking" sign in your home, office and car.
- Remove ashtrays from your home and fill ashtrays in your car with sugar-free candies or change.
- Don't allow babysitters or others who work in your home or on your property (including repair workers, installers, gardeners, etc.) to smoke in your house, car or near your children.
- Teach your children to stay away from secondhand smoke.
- If a person in your home smokes, encourage them to quit. Free help is available at 1-800-QUIT-NOW.





In Washington state, smoking is not allowed in public places and all workplaces, including bars, restaurants, bowling centers, skating rinks, non-tribal casinos, reception areas and 75 percent of hotel rooms.

Did You Know?

To report a violation of the Smoking in Public Places Law, visit **www.SmokeFreeWashington.com/Violation**.

To find more information about the ways you can protect yourself and your loved ones from the dangers of secondhand smoke, visit **www.SmokeFreeWashington.com**.

THINKING OF QUITTING SMOKING?

Call the free Tobacco Quit Line for help at **1-800-QUIT-NOW (1-877-2NO-FUME** in Spanish) or visit **www.quitline.com** for more information about the state's tobacco quitting services.