





## SMOKE IN THE ROOM

### If There's Smoke, You're Playing With Fire

People who smoke carry the smell on their clothes and in their hair. They have stained teeth, bad breath and they age faster than normal. They're also at a much higher risk for diseases like lung cancer and heart disease.

That's why you decided not to smoke, right?

But did you know that when you walk into a smoky restaurant or ride in a car with someone while they're smoking, that it's as bad as lighting? Secondhand smoke is just as dangerous and damaging to your body as smoking.

## WHAT'S SECONDHAND SMOKE?

Secondhand smoke is smoke that comes off a cigarette, cigar, or pipe that someone else is smoking. It's also the big cloud of poison that a smoker exhales after taking a drag. If you're sitting or standing near that person, you're breathing in that nasty air.

## A POISONOUS CLOUD

### Chemicals You Inhale in Secondhand Smoke

Do you really need to worry about secondhand smoke? There are over 7,000 chemicals that you can inhale, or at least the 250 that are harmful and can cause cancer.

When you breathe in someone else's smoke, you're breathing in the same harmful toxins that

they are, including:

- Arsenic, a chemical used in rat poison
- Carbon monoxide, a poisonous gas
- Cadmium, used in batteries
- Cyanide, a poisonous gas
- Formaldehyde, used to embalm dead bodies
- Lead, a poisonous metal
- Nickel, a poisonous metal
- Vinyl chloride, a toxic metal used to make plastic



## THE SHORT-TERM EFFECTS OF SECONDHAND SMOKE

You already know that smoking is bad for you, but check out the short-term effects of secondhand smoke:

- Coughing
- Frequent colds
- Chest discomfort
- Reduced lung function
- Lung infections, like bronchitis or pneumonia
- Asthma attacks

Young children and pets are at even greater risk of harm from secondhand smoke – it can cause brain tumors, ear infections, asthma, allergies, tooth decay and Crohn's disease, amongst other issues.

## THE SAME RISKS

### Long-term Effects of Secondhand Smoke

Research has shown that being exposed to secondhand smoke over a long period of time increases your risk for:

- Lung cancer
- Heart disease
- Emphysema
- Premature death

That's not all: Secondhand smoke can also increase your chances of developing breast cancer, leukemia and other diseases.

## CLEARING THE AIR

### Frequently Asked Questions About Secondhand Smoke

#### Q. What is a safe level of secondhand smoke?

- A. Unfortunately, any level of secondhand smoke is dangerous. Even breathing in small amounts can cause health problems, so stay away from smokers as much as possible.

#### Q. Can I just open a window so the room doesn't get smoky?

- A. That's a good idea, but unfortunately it won't keep you from being exposed to secondhand smoke. Even when you can't see or smell smoke, it's still in the air. Also, smoking in the car with the window open is still harmful, especially since the car is such a small space.

#### Q. How long does it take for a room to be safe after someone smokes in it?

- A. Smoke from just one cigarette can linger in a room for up to two and a half hours. Even if you can't smell it or see it, the dangerous chemicals are still there.

#### Q. What about the smoke on my hair and clothes? Is that harmful?

- A. The nasty smell that smoke leaves on your hair and clothes is called "thirdhand smoke." Thirdhand smoke contains a residue of chemicals and toxins. Although doctors aren't sure if thirdhand smoke is as dangerous as secondhand smoke, they believe it to be harmful to the development of babies and small children. In any case, thirdhand smokes smells bad, and it's best to stay away.

