

risks of secondhand smoke

Smoke from cigarettes can cause serious health problems, even for non-smokers!

allergies and asthma

- Secondhand smoke can cause more frequent and severe attacks for people with asthma.
- Adults who grew up exposed to secondhand smoke are twice as likely to develop asthma later in their lives.
- Secondhand smoke likely causes asthma in children.



eyes, ears and throat

- Even in small amounts, secondhand smoke causes eye irritation, nasal congestion, wheezing and coughing.
- It can also cause ear infections in children.

colds, bronchitis and pneumonia

- Children and adults who live with smokers have more colds, bronchitis and pneumonia than those who do not live with smokers.
- Each year in the U.S., secondhand smoke causes 150,000-300,000 cases of bronchitis and pneumonia in infants and young children.



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secondhand smoke and children

- If a baby's mother, father or other caregiver smokes, the baby has two times the risk of Sudden Infant Death Syndrome (SIDS).
- Secondhand smoke exposure and smoking while pregnant are both linked to miscarriage, low birth weight and stillbirths.



protect yourself and your children

- Ask smokers not to smoke around you, especially in your home. Be brave!
- Do not allow anyone to smoke around your children, even outside.
- Post "No smoking" signs in your home, workplace and car.
- Avoid public places where people smoke.
- If you live with smokers, set up a place outside where they can smoke.
- Do not smoke in closed areas, like in your home, car, garage, etc.

heart disease

- When you breathe secondhand smoke, your heart beats faster and works harder.
- Daily secondhand smoke exposure doubles your heart attack risk.

37,000

The number of nonsmokers that die each year from heart disease caused by secondhand smoke.



cancer

- Secondhand smoke contains more than 40 chemicals known to cause cancer.
- Researchers have recently found links between secondhand smoke and cancers of the pancreas, brain, breast, cervix, kidney and bladder.

3,000

The number of cases of lung cancer caused by secondhand smoke and found in non-smokers each year.

Lexington-Fayette County Health Department
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Kentucky Quit Line (1-800-QUIT-NOW)
Cooper Clayton Method to Stop Smoking
www.becomeanex.org