

SECONDHAND SMOKE

What is Secondhand Smoke?

Secondhand smoke (SHS) is a mixture of smoke that can be involuntarily inhaled by nonsmokers. There are two forms of secondhand smoke:¹

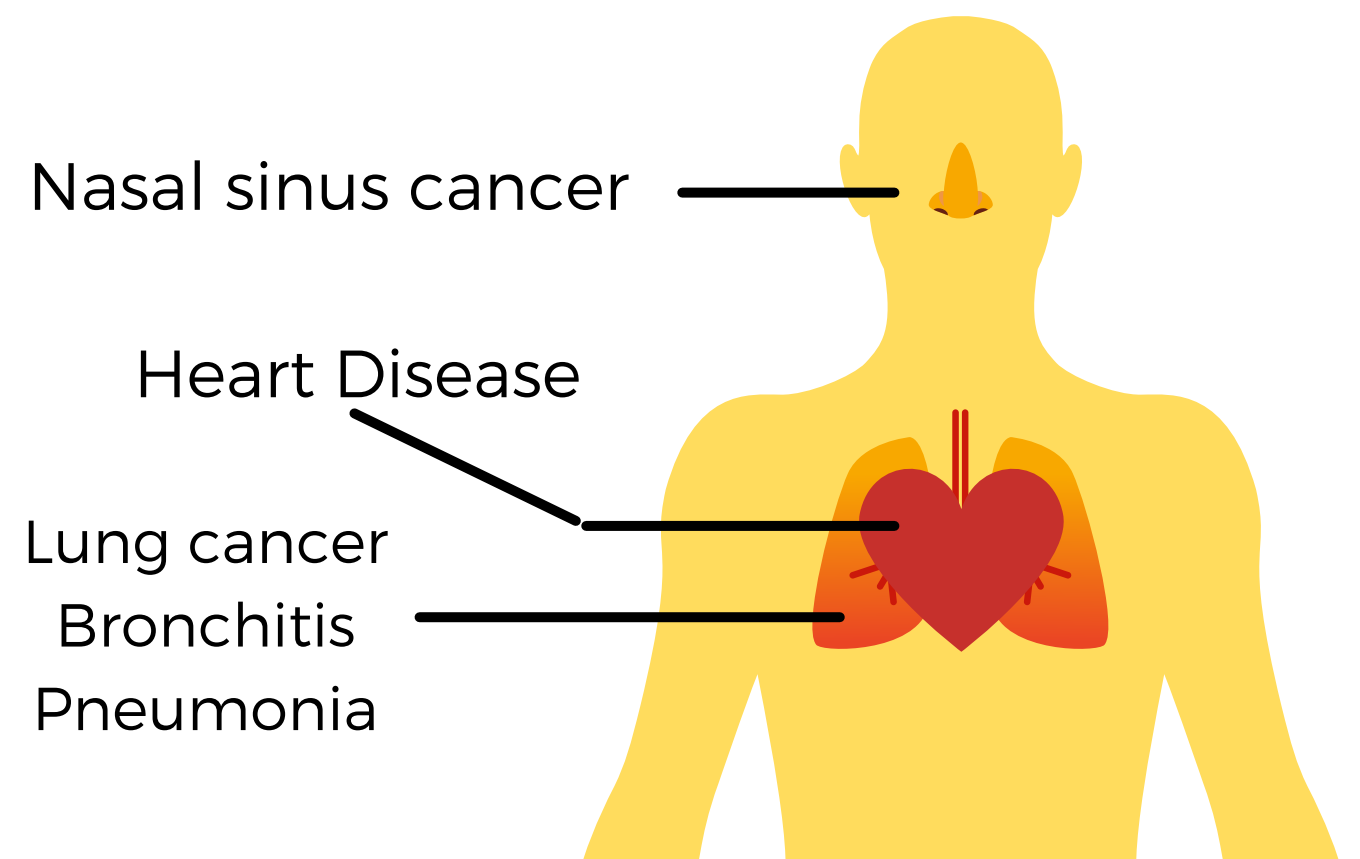
- ◆ mainstream: smoke exhaled by a smoker¹
- ◆ sidestream: smoke released by the burning end of cigarettes, pipes or cigars; contains more nicotine and cancer-causing agents¹

SHS Health Effects

Secondhand smoke contains +7,000 chemicals, with hundreds of toxins and 69 confirmed carcinogens.²

In the long term, people exposed to SHS are at risk of suffering from:³

- ◆ breathing problems
- ◆ heart disease
- ◆ stroke
- ◆ nasal sinus cancer
- ◆ lung cancer
- ◆ bronchitis and pneumonia

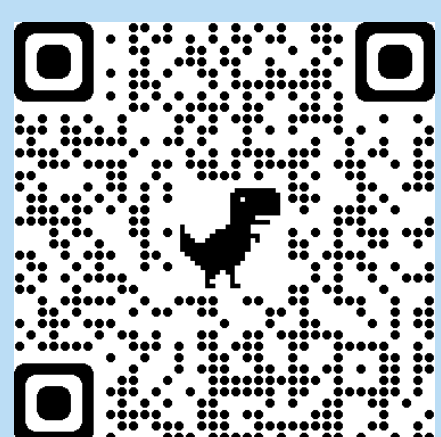


Babies and Youth

Because their lungs are still developing, **Youth** are at increased risk for the following conditions.⁴

- ◆ sudden infant death syndrome
- ◆ acute respiratory infections
- ◆ middle ear disease
- ◆ severe asthma

Fetal exposure to SHS can increase risk of the aforementioned conditions, as well as low birth weight and infant mortality.⁴



Did you know?

SHS from cigarettes and e-cigarettes can transmit COVID-19 farther than usual⁹



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E-Cigarettes

Unlike standard cigarettes, **e-cigarettes** heat and vaporize liquid containing nicotine into inhalable aerosol.⁵

Secondhand e-cigarette aerosol contains at least ten chemicals that are known to cause cancer. The aerosol can contain:⁵

- ◆ nicotine
- ◆ low levels of carcinogenic toxins
- ◆ high concentrations of ultrafine particles that irritate the lungs.



SHS Statistics

- ◆ SHS exposure contributes to **~41,000** deaths among nonsmoking adults and **400** deaths in infants each year⁶
- ◆ Between 1964 and 2014, **2.5 million** people died from exposure to SHS⁶
- ◆ SHS costs our economy **\$5.6 billion** per year due to lost productivity⁶

SHS Disparities

Exposure to SHS is higher among **Black** nonsmokers than White and Mexican American nonsmokers.⁷

From 2011-2018, SHS prevalence has been twice as high among non-Hispanic Black Americans (**~47%**) compared to non-Hispanic White individuals (**~22%**).⁷

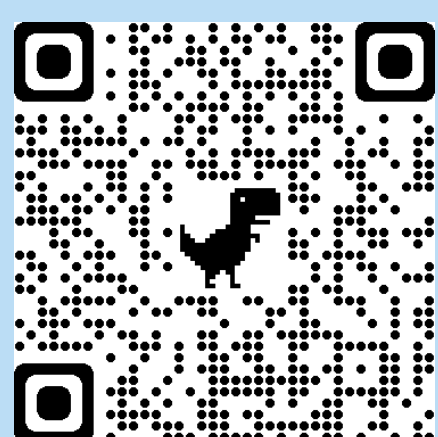
SHS prevalence is also higher among people from **low income** backgrounds.⁴

Blue-collar and service workers experience higher levels of SHS exposure.⁴

How to Prevent SHS

You can protect yourself and your family from SHS by:⁸

- ◆ quitting smoking if you are a smoker
- ◆ making your home and car smoke-free
- ◆ prohibiting smoke near your child
- ◆ encouraging family and friends to create a smoke-free environment



Did you know?

*SHS can linger in a room for up to 5 hours.*¹⁰



References

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