

# Controlling your risk: Second-hand smoke is bad!



**Keep second hand smoke out of your indoor air.** People spend as much as 90% of their time indoors. Tobacco smoked inside can double the level of indoor air particles. Two people smoking in a room make the air too dirty to pass indoor air quality tests for public places.

**Second hand tobacco** smoke has about 4,000 chemicals in it. 43 of the chemicals are known to cause cancer. 200 of the chemicals are poisons. Smoke has side stream smoke which escapes from burning tobacco (it is not filtered) and main stream smoke that was filtered in a smoker's lungs. Particles from smoke stay in the air, or fall onto the furniture, floors, windows, and other things. Children, pets, and non-smokers can be exposed by breathing it from the air or by touching things it has fallen on. It is dangerous to everyone's health. There is no known safe level of second hand smoke!

## **Second hand tobacco smoke is linked to adult diseases like...**

- asthma
- bronchitis
- heart disease
- lung cancer
- chronic obstructive lung disease

**Second hand tobacco smoke is linked to childhood diseases, including asthma.** Nicotine levels of children of smokers are 10 times higher than normal. Smoking inside around children increases their risks.

## **Young children may have...**

- more illnesses like pneumonia, bronchiolitis, and bronchitis.
- re-occurring (chronic) problems like a cough, sputum (thick spit), redness and irritation of the eyes.
- slower rate of lung growth.
- more hospital visits if they have asthma.
- twice the chance of dying of SIDS (Sudden Infant Death Syndrome).

## **Older children may have...**

- smaller lung capacity or poor lung function.
- more colds and breathing troubles.
- more middle ear infections.

## **Asthmatic children**

- 200,000 and possibly as high as 1,000,000 asthmatic children are sicker because of second hand smoke.