



# SECONDHAND SMOKE

Secondhand smoke is a serious health hazard, causing **more than 41,000 deaths per year**. There is no safe level of secondhand smoke; even brief exposure can cause **serious health problems and be deadly**.



## Secondhand smoke

is a mixture of the smoke given off by the burning of tobacco products such as cigarettes, cigars, or pipes and the smoke exhaled by smokers. It is classified by the EPA as a Group A carcinogen and contains **more than 7,000 substances**.

Secondhand smoke exposure can produce **harmful inflammatory and respiratory effects within 60 minutes of exposure**. These effects can last for at least three hours after exposure.

**Almost 38% of the US population** is not protected by comprehensive smoke-free laws at the state or community level.

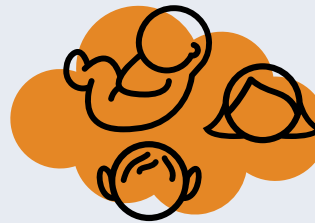
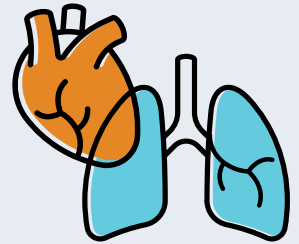
**People with lower incomes and with less education** may be less likely to be covered by comprehensive smoke-free laws.

## The health effects of secondhand smoke on nonsmoking adults include:

**25–30% increased risk of developing heart disease.**

**20–30% increased risk of developing lung cancer.**

**Adverse reproductive health effects** in women, including low birth weight in infants.



Secondhand smoke causes **numerous health problems in infants and children,**

including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome.



The only way to fully protect people who do not smoke from secondhand smoke exposure is through **comprehensive smoke-free laws and policies that prohibit smoking** in all areas of indoor spaces.