Dangers of Secondhand Smoke

There is no safe level of exposure to secondhand smoke\(^1\)

According to the U.S. Surgeon General (2010) any level – even brief exposure of secondhand smoke is dangerous and can be harmful.\(^1\)

Harmful Effects of Secondhand Smoke:

- Secondhand smoke causes an estimated **46,000 premature deaths** from heart disease & **3,400 lung cancer deaths** in the United States among nonsmokers annually.\(^2\)
- Exposure increases the risk of lung and other cancers, heart disease, emphysema, asthma, and chronic obstructive pulmonary disease (C.O.P.D.).\(^3\)
- Children exposed to secondhand smoke are at an increased risk of:
  - Sudden infant death syndrome
  - Ear infections
  - More frequent & severe asthma attacks
  - Colds, pneumonia, bronchitis\(^3\)
- It causes or exacerbates respiratory tract infections, such as pneumonia and bronchitis, especially in infants, children and older persons.\(^3\)
- It is a major health threat to persons with asthma and can be fatal.\(^3\)

There are over **7,000** identifiable chemicals in secondhand smoke. At least **69** of these chemicals cause cancer.\(^1\)

Secondhand smoke cannot be controlled by ventilation, air cleaning or the separation of smokers from non-smokers. The only solution to this problem is to make buildings **100% smoke-free**.

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