

## Secondhand Smoke is *Nothing to Puff at!*



Information from Centers for Disease Control,  
[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/general\\_facts/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm)

### ***Health Effects of Secondhand Smoke***

#### **In children, secondhand smoke causes the following:**

- Ear infections
- More frequent and severe asthma attacks
- Respiratory problems (e.g. coughing, sneezing, shortness of breath)
- Respiratory infections (i.e. bronchitis, pneumonia)
- A greater risk for sudden infant death syndrome (SIDS)
- Learning difficulties

There is no risk-free level of contact with secondhand smoke; even brief exposure can be harmful to health.

#### **In children aged 18 months or younger, secondhand smoke exposure is responsible for:**

- An estimated 150,000–300,000 new cases of bronchitis and pneumonia annually
- Approximately 7,500–15,000 hospitalizations annually in the United States

#### **In adults who have never smoked, secondhand smoke can cause heart disease and/or lung cancer.**

##### Heart Disease

- For nonsmokers, breathing secondhand smoke has immediate harmful effects on the cardiovascular system that can increase the risk for heart attack. People who already have heart disease are at especially high risk.
- Nonsmokers who are exposed to secondhand smoke at home or work increase their heart disease risk by 25–30%.
- Secondhand smoke exposure causes an estimated 46,000 heart disease deaths annually among adult nonsmokers in the United States.

##### Lung Cancer

- Nonsmokers who are exposed to secondhand smoke at home or work increase their lung cancer risk by 20–30%.
- Secondhand smoke exposure causes an estimated 3,400 lung cancer deaths annually among adult nonsmokers in the United States.

*Eliminating smoking in indoor spaces is the only way to fully protect nonsmokers from secondhand smoke exposure. Separating smokers from nonsmokers, cleaning the air, opening windows, and ventilating buildings does not eliminate secondhand smoke exposure.*



Community Connections – Tobacco Free Lincoln County  
200 W 9th St room 35, PO Box 852 – North Platte NE 69103  
308-696-3356

You can—

- Sign a smoke-free home and car pledge
- Encourage others to sign smoke-free home and car pledges
- Politely remind smokers not to expose others, especially children, to their smoke

If you are in charge of a business you can—

- Make pledge cards available at your business
- Offer incentives to people to sign pledges