How toxic is cigarette smoke?

More than 7,000 chemicals are in tobacco smoke. At least 69 of these chemicals are known to cause cancer, and many are poisonous. Here are a few of the chemicals and other places they are found:

- Acetone – found in nail polish remover
- Acetic Acid – an ingredient in hair dye
- Ammonia – a common household cleaner
- Arsenic – used in rat poison
- Butane – used in lighter fluid
- Carbon Monoxide – released in car exhaust fumes
- Formaldehyde – embalming fluid
- Lead – used in batteries
- Tar – material for paving roads

How can the public be protected from secondhand smoke?

Businesses, communities and individuals can take action to help prevent secondhand smoke.

- Implement tobacco-free policies in indoor and outdoor public places.
- Help smokers and other tobacco users quit through programs such as the American Lung Association’s Freedom From Smoking® at Lung.org/ffs.
- Implement smokefree policies that help enforce a smokefree environment.

Contact the National Tobacco Programs Team at FreedomFromSmoking@Lung.org.