

What is Secondhand Smoke?

Secondhand smoke is smoke being inhaled involuntarily when others are smoking around you.

Who is exposed?

- About 4 out of 10 U.S. children aged 3–11 years (40.6%) are exposed to secondhand smoke.
- About one-quarter of all nonsmokers are regularly exposed to the harmful effects.
- Just like people, pets who live with smokers are more likely to experience symptoms of a respiratory disease like asthma, bronchitis, and lung cancer than pets who live in smokefree homes. Studies also show a dramatic increase in cancer prevalence among pets exposed to secondhand smoke.



Secondhand smoke exposure causes approximately
7,300 lung cancer deaths per year.



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.