

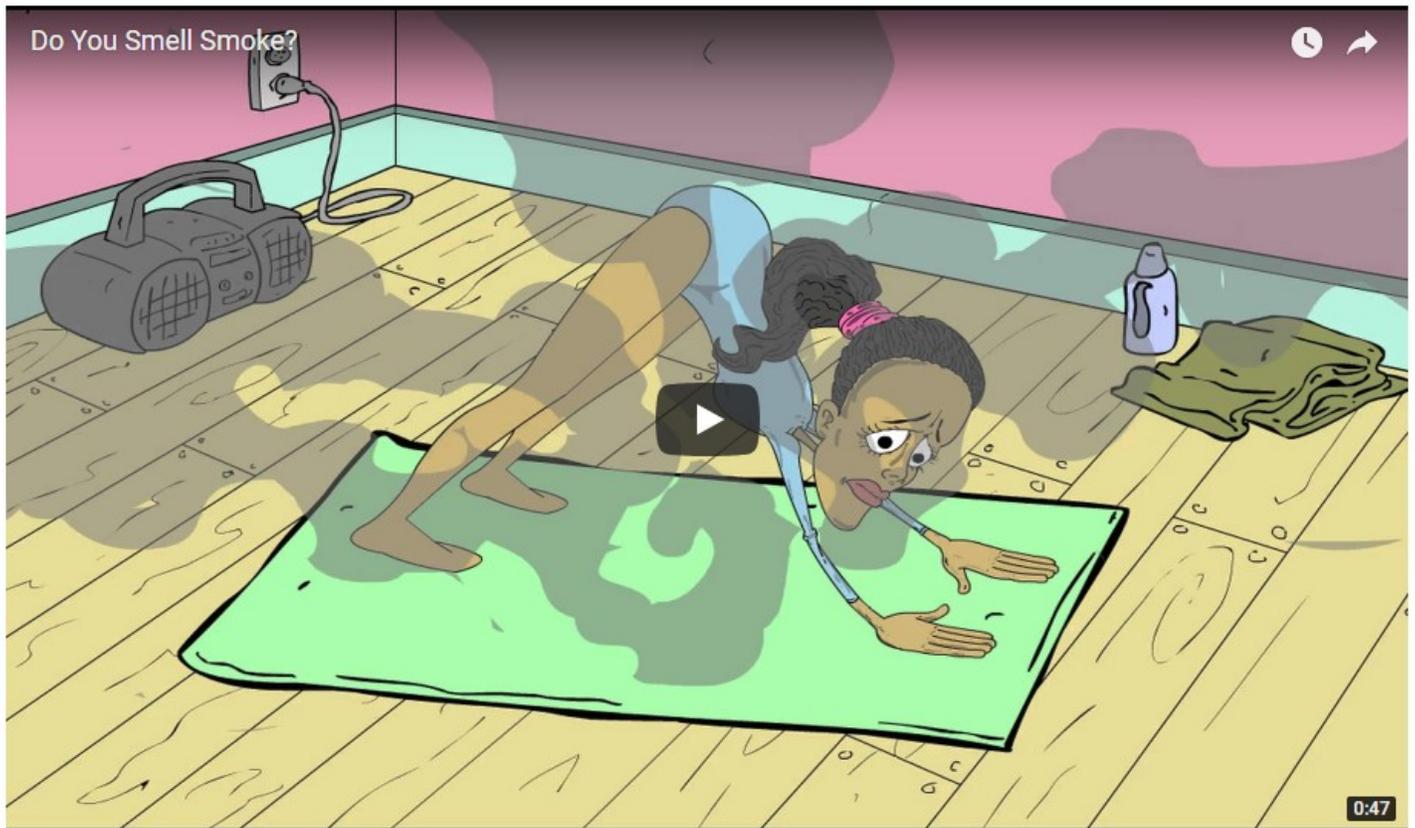
Key Facts about Secondhand Smoke

Secondhand (SHS) smoke is the smoke that comes from lighted tobacco products or is exhaled by a smoker and is a serious health hazard causing more than 41,000 deaths per year. It can cause or make worse a wide range of damaging health effects in children and adults, including lung cancer, respiratory infections and asthma.

- Secondhand smoke...
 - Contains 7000 chemicals, at least 250 are known toxins and more than 70 that cause cancer
 - Is a serious health hazard that can cause disease in healthy nonsmokers including cancer, heart disease, and respiratory disease and is responsible for over 53,000 deaths annually nationwide
 - Is not safe at any level of exposure. Even short-term exposure can potentially increase the risk of heart attacks.
 - The EPA has identified secondhand smoke as a Class A carcinogen, the most toxic class of chemicals that are known to cause cancer in human.
 - Cannot be controlled by ventilation and air purifiers. According to the American Society of Heating, Refrigerating & Air Conditioning Engineers (ASHRAE) engineering approaches such as air fresheners, cleaners and purifiers are not effective.
 - Cannot be contained. In multi-unit housing smoke from and adjacent apartment will drift through doorways, hallways, electrical outlets, floors, walls and air ducts.
 - Causes health problems for infants and children including ear infections, weak lungs, respiratory infections and Sudden Infant Death Syndrome (SIDS)
 - Causes thousands of people to suffer from or exacerbates lung diseases such as asthma, COPD, lung cancer and pneumonia
 - Is responsible for at least 3,000 lung cancer deaths and at least 46,000 coronary heart disease deaths in the US every year.

[Click here to learn more](#) or visit <http://www.lung.org>

Video Link: <https://youtu.be/j21hKUAex7A>



Key Facts about Thirdhand Smoke

- Thirdhand smoke...
 - Is a term used to describe residual contamination from tobacco smoke that lingers in rooms after smoking stops, and remains on our clothes after we leave a smoky place.
 - Consists of residue composed of numerous types of gases and particulate matter, including carcinogens and heavy metals like arsenic, lead and cyanide.
 - Consists of sticky, highly toxic particulates like nicotine that clings to walls and ceilings.
 - Is absorbed into dust in a room, on carpets, draperies and other fabric upholsteries.
 - Can re-emit back into the air and recombine to form harmful compounds that remain at high levels long after smoking has stopped.

Further research shows...

A study published in February 2010 found that [thirdhand smoke causes the formation of carcinogens](#). The nicotine in tobacco smoke reacts with nitrous acid – a common component of indoor air – to form the hazardous carcinogens. Nicotine remains on surfaces for days and weeks, so the carcinogens continue to be created over time, which are then inhaled, absorbed or ingested.

Children of smokers are especially at risk of thirdhand smoke exposure and contamination because [tobacco residue is noticeably present in dust throughout places where smoking has occurred](#). The homes, hair, clothes, and cars of smokers can have significant levels of thirdhand smoke contamination. Young children are particularly vulnerable, because they can ingest tobacco residue by putting their hands in their mouths after touching contaminated surfaces.

Researchers at San Diego State University's Department of Psychology have found that homes of former smokers [remained polluted with thirdhand smoke for up to 6 months after the residents quit smoking](#). The thirdhand smoke settled in house dust and on surfaces and then continually exposed residents to nicotine and NNK (a tobacco-specific carcinogen) even after they had quit smoking.