



Secondhand Smoke

SECOND HAND SMOKE IS NOT SAFE

- Secondhand smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar and the smoke exhaled from the lungs of smokers.
- It is not safe.¹ There is no risk-free level of exposure to secondhand smoke.
- Exposure to secondhand smoke can causes disease and premature death in children and adults who do not smoke.²
- Even low levels of exposure can harm nonsmokers' health. Separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate secondhand smoke exposure.²
- Tobacco smoke contains more than 4,000 chemical components, and at least 250 of these chemicals are harmful to human health. Nonsmokers who are exposed to secondhand smoke are inhaling many of the same cancer-causing chemicals and poisons as smokers
- Eliminating smoking in indoor spaces is the only way to fully protect nonsmokers from secondhand smoke exposure.
- Studies have found that smoke-free laws reduce hospital heart attack admissions. Reductions appear to be greater with nonsmokers than among smokers.³

THE BOTTOM LINE: CHOOSE NOT TO SMOKE.

If you or someone you know wants to quit smoking or dipping, please call:



1-800-QUIT-NOW

References: ¹California Environmental Protection Agency. Identification of Environmental Tobacco Smoke as a Toxic Air Contaminant. Executive Summary. June 2005. ² U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006. ³ Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, Centers For Disease Control and Prevention. <http://www.cdc.gov/tobacco/>

ABOUT THE NORTH CAROLINA HEALTH AND WELLNESS TRUST FUND (HWTF)

The NC Health and Wellness Trust Fund was created by the General Assembly in 2000 to allocate a portion of the state's share of the national tobacco settlement to improve the health of all North Carolinians by funding preventive health initiatives. Please visit: www.HealthWellNC.com

ABOUT TOBACCO-FREE COLLEGES

Tobacco-Free Colleges is the NC Health and Wellness Trust Fund's program that provides assistance to all NC campuses in adopting and implementing tobacco-free policies and in promoting cessation. Please visit: www.tobaccofreecollegesnc.com.

