What is Secondhand Smoke?
- Secondhand smoke is a mix of sidestream smoke (the smoke released from the burning end of a cigarette, pipe, or cigar) and mainstream smoke (the smoke exhaled by the smoker).1

Health Effects of Secondhand Smoke
- The U.S. Surgeon General stated that secondhand smoke causes disease and death in children and adults.
- There is no safe level of exposure to secondhand smoke. Even a little secondhand smoke can be harmful.2
- Secondhand smoke causes about 3,400 lung cancer deaths and 46,000 heart disease deaths.2,4
- At least 250 chemicals in secondhand smoke are known to be toxic or cancer causing. In 2000, the National Institute of Health (NIH) listed secondhand smoke as a known human carcinogen (cancer-causing agent).2,3

Secondhand Smoke and Children
- Infants and young children are the most affected by the chemicals in secondhand smoke. Exposure is linked to a higher risk for asthma, middle-ear infections, bronchitis, and pneumonia.2,4
- Pregnant women who are exposed to secondhand smoke are more likely to have babies with lower birth weights, weaker lungs, and a greater chance of dying from sudden infant death syndrome (SIDS).2
- The EPA estimates that 200,000 to 1,000,000 children have their asthma condition made worse by exposure to secondhand smoke.5
- Children are also susceptible to third-hand smoke. Third-hand smoke is the mix of toxins and chemicals that stays on carpets, clothes, hair, curtains, or other materials long after a cigarette is put out.6

How Can Smoke-Free Environments Help?
- According to a 2007 Bureau of Labor Statistics study, people spend more time in their homes than at any other place.
- The home is where children are most exposed to secondhand smoke. It is also a major location of secondhand smoke exposure for adults.2
- The only way to fully protect yourself and your loved ones from the dangers of secondhand smoke is through 100% smoke-free environments. Separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot completely eliminate secondhand smoke.2