

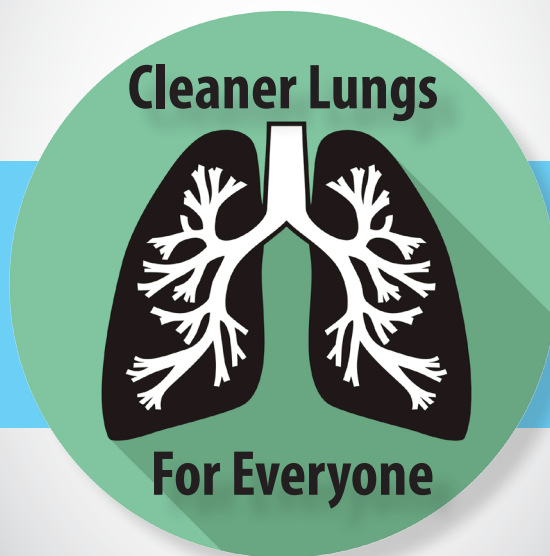
Exposing the **Risks** of Secondhand Smoke

Secondhand smoke is the combination of smoke from the burning end of a cigarette, cigar, or pipe, and the smoke breathed out by smokers.

Breathing secondhand smoke interferes with the normal functioning of the heart, blood, and vascular systems. It causes nearly 34,000 premature deaths each year in the United States among nonsmokers.

Secondhand smoke contains over 7,000 chemicals. It can cause heart disease and increase the risk for stroke.

There is no risk-free level of exposure to secondhand smoke.



The best thing you can do is limit exposure to smokers.

There is no evidence that e-cigarette vapors are safe for non-users to inhale.

Mothers who breathe secondhand smoke are more likely to have smaller babies.

Babies exposed to secondhand smoke are at risk for serious health problems.