

Cleaner Lungs for Everyone



Secondhand smoke causes nearly 34,000 premature deaths from heart disease each year in the United States among nonsmokers.¹

Secondhand smoke is the combination of smoke from the burning end of a cigarette, cigar, or pipe, and the smoke breathed out by smokers. Secondhand smoke causes lung cancer, heart attacks, stroke, and even death.³

Thirdhand smoke is residual nicotine and other chemicals left on a variety of indoor surfaces exposed to tobacco smoke.⁵ Infants, children, and nonsmoking adults may be at risk of tobacco-related health problems when they inhale, ingest, or touch substances containing thirdhand smoke.⁵

The best thing you can do to protect your family from secondhand smoke is to quit smoking and limit any exposure to those who are smoking.¹



Mothers who breathe secondhand smoke while pregnant are more likely to have smaller babies. Babies born small are weaker and have a higher risk for many serious health problems.⁴

Secondhand smoke exposure can cause serious health consequences in children, including poor lung development and functioning, asthma, chronic ear infections, and SIDS (Sudden Infant Death Syndrome).²

There is no risk-free level of exposure to secondhand smoke.¹

There is no evidence that e-cigarette emissions (secondhand aerosol) are safe for non-users to inhale.²

Smoking in a car or the home, even with the windows open, exposes others to secondhand smoke.⁴

Thirdhand smoke cannot be eliminated by airing out rooms, opening windows, using fans or air conditioners, or confining smoking to only certain areas of a home.⁵

