

You Can Make a Difference!

There are many ways that you can help improve the air quality, and the general quality of life in and around your homes, businesses, and communities:

- Encourage smokers to step outside and smoke away from doors and open windows
- Adopt extended outdoor smoking restrictions on your business property (smoke-free campuses, smoking restrictions within 100 feet of your business entrance, etc.)
- Promote litter ordinances in your community that include cigarette butts.
- Promote fire safety ordinances in your community to limit smoking in outdoor areas such as parks and campgrounds as a way to decrease the risk of wildfires.

For additional information, contact the Quit Doc Research and Education Foundation (866-355-QUIT, www.qdref.org), or the Health Access and Tobacco Division of the Florida Department of Health (850-245-4144)



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The Dangers of Secondhand Smoke



These chemicals are found in Secondhand Smoke... ...but do you know where else you can find them?

Nicotine ... is also found in insecticides.

DDT ... is also a banned pesticide.

Carbon Monoxide ... is also found in car exhaust fumes.

Ammonia ... is also used as a toilet bowl cleaner.

Hydrogen Cyanide ... is also used as a fumigation agent.

Acetone ... is fingernail polish remover.

Methanol ... is also used as rocket fuel.

Formaldehyde ... is also used to embalm bodies.

Butane ... is also used as lighter fluid.

Naphalene ... is also used in moth balls.

Nitrobenzene ... is a gasoline additive.

Arsenic ... is also used as rat poison.

Cadmium ... is also found in batteries.

Toluene ... is also used as an industrial solvent.

Isoprene ... is also used in tire rubber.

Cresol ... is used in industrial adhesives.

Pyrene ... is found in coal tar.

1,3 butadiene ... is found in gasoline.

N-nitrosopyrrolidine ... is found in several pesticides.

Nickel ... is a metal found in batteries.

Aniline ... is found in lacquers and wood stains.

2-Naphthylamine ... is found in several dyes.

What is Secondhand Smoke?

Secondhand smoke, also known as “passive smoke” or “environmental tobacco smoke”, is a combination of *mainstream smoke* (the smoke inhaled and exhaled by smokers) and *sidestream smoke* (the smoke given off from a smoldering cigarette, cigar, or pipe). Both forms of secondhand smoke are dangerous, but sidestream smoke is actually more dangerous than mainstream smoke. Sidestream smoke is dirtier because smoldering tobacco burns at a lower temperature, which causes higher concentrations of chemicals within the smoke. Also, mainstream smoke passes through a filter when it is inhaled by smokers, which removes some of the harmful chemicals.

Secondhand Smoke Contains 4000 Chemicals!

Hundreds of the chemicals found in secondhand smoke are poisonous. At least 60 of these chemicals are known to cause cancer, or are suspected of causing cancer. In fact, secondhand smoke has been classified as a Group A Carcinogen by the Environmental Protection Agency (EPA). This is the highest possible rating, a rating reserved for the most potent cancer-causing agents such as benzene and arsenic... both of which are found in secondhand smoke!

What are the Dangers of Secondhand Smoke?

Exposure to secondhand smoke, like exposure to all environmental irritants, causes irritation of the eyes, nose, throat, and lungs. This leads to a number of respiratory problems, including runny nose, sinus pressure, sore throat, hoarse voice, increased phlegm, chest congestion, chest discomfort, shortness of breath, and reduced lung function.

Tobacco use is the leading cause of preventable death, accounting for two-thirds of all preventable deaths in the United States each year. More importantly, secondhand smoke accounts for 12% of all smoking related deaths, making secondhand smoke the *third* leading cause of all preventable deaths in the United States annually behind tobacco and alcohol use.

Children and Secondhand Smoke

Children exposed to secondhand smoke can develop all of the same respiratory problems and illnesses as adults. Because of their size and developing bodies, children have these problems more frequently and with more severe symptoms.

For example, normal children that are exposed to secondhand smoke are more likely to have respiratory infections such as sinus infections, ear infections, bronchitis, and pneumonia. Children who have a history of asthma have a larger number of more severe asthma attacks when exposed to secondhand smoke. As a result, secondhand smoke is responsible for between 150,000 and 300,000 lower respiratory tract infections in infants and children under 18 months of age, resulting in between 7,500 and 15,000 hospitalizations each year.

While these are very serious problems, the scariest information in recent years has come from research linking secondhand smoke exposure to *Sudden Infant Death Syndrome (SIDS)*. The actual cause of SIDS remains unknown, but studies have linked parental smoking to an increased risk of SIDS. Estimates reveal that secondhand smoke causes 430 unexplained infant deaths in the United States each year.

Do You Know How Much Are You Smoking When You Are Exposed to Secondhand Smoke?

1 hour in a closed car with someone smoking is...
equal to smoking **3 Cigarettes.**

2 hours in a “non-smoking section” of a restaurant that allows smoking is...
equal to smoking **2 Cigarettes.**

8 hours in an office that allows smoking is...
equal to smoking **6 Cigarettes.**

24 hours in the home of a pack-a-day smoker is...
equal to smoking **3 Cigarettes.**

2 hours in a smoky bar is...
equal to smoking **5 Cigarettes.**

Pregnancy and Secondhand Smoke

When a woman smokes during pregnancy, the nicotine may cause constriction of the blood vessels of the umbilical cord. This decreases the amount of oxygen and nutrients available to the developing fetus. This can lead to low birth weight, and can increase the odds of miscarriages, premature birth, and even late-term still births.

Protect Yourself and Your Children from Secondhand Smoke

Do not permit smoking in your house. If family members or guests want to smoke, ask them to step outside. Don't rely on an air conditioner or an open window to clear the air. Running the air conditioner may remove the visible smoke, but it doesn't remove the dangerous particles from circulation. And open windows do not provide adequate ventilation.

Do not allow others to smoke near your children. Do not be afraid to speak up when adults are smoking near your children. It is certainly okay to ask smokers to stop smoking in areas where children are playing, including parks and sporting venues. The adults may not to respect your wishes, but your children will certainly get the message that you believe that smoking is not a socially acceptable behavior.

Educate other parents and child-care providers. Help other parents understand the serious health problems associated with secondhand smoke. If you take your children to a child care provider, choose one with a no-smoking policy. Work with PTA's, school boards, school administrators, and teachers to make school grounds in your community smoke free!

Choose smoke-free restaurants. Many, but not all, restaurants and business establishments are entirely smoke-free. When given the choice, choose businesses with no-smoking policies and tell the management that you appreciate the healthy air.

Encourage a smoke-free workplace. The only way to fully protect nonsmokers from exposure to secondhand smoke is to prevent all smoking inside of buildings. Even powerful ventilation fans don't effectively remove secondhand smoke from the work environment. If your company does not have an adequate policy to control secondhand smoke, work with appropriate management and labor groups to establish one!