Secondhand smoke is 100% unsafe, 100% of the time.

Visit unsafe.ky.gov.

Kentucky UNBRIDLED SPIRIT

Kentucky Department for Public Health | Cabinet for Health and Family Services

ktpc

KENTUCKY tobacco prevention & cessation program

Facts

The decision to smoke is personal, but not when it harms someone else. The scientific evidence is clear: Secondhand smoke causes serious diseases and premature death among nonsmokers.

- Secondhand smoke causes heart disease and lung cancer.
- Secondhand smoke has more than 7,000 chemicals, including 70 that cause cancer.
- There is no safe amount of secondhand smoke. Breathing even a little secondhand smoke can be dangerous.
- Separate no-smoking sections DO NOT protect you from secondhand smoke.
- Secondhand smoke causes low birth weight and lung problems in infants.
- Breathing secondhand smoke is a known cause of sudden infant death syndrome (SIDS). Children are also more likely to have lung problems, ear infections and severe asthma from being around smoke.
- The main place young children are exposed to smoke is in their homes. Almost 3 million children in the United States under the age of 6 years old breathe secondhand smoke at home at least 4 days per week.

Source: CDC (Centers for Disease Control and Prevention)