

1. **Secondhand smoke is what smokers breathe out.**



2. Secondhand smoke is also the smoke that comes from a burning cigarette, cigar or pipe.
 3. It is sometimes called environmental tobacco smoke (ETS).

4. When a nonsmoker inhales secondhand smoke, it's called passive smoking.

5. Breathing secondhand smoke is bad for your health.

6. **Secondhand smoke contains cancer-causing chemicals.**



7. Some chemicals in secondhand smoke include formaldehyde, cyanide, arsenic, ammonia and carbon monoxide.

8. **Smoke from the end of a cigarette has more toxins than smoke exhaled by the smoker.**

9. The U.S. Environmental Protection Agency says secondhand smoke is among the most dangerous substances known to cause cancer.

10. **Each year, more than 3,000 nonsmokers die from lung cancer caused by secondhand smoke.**

11. Breathing secondhand smoke can trigger a heart attack.



12. Secondhand smoke is linked to more than 45,000 heart disease deaths each year in nonsmokers.

13. Nonsmokers who breathe secondhand smoke at home or at work have a higher risk of lung cancer.

14. Even small amounts of secondhand smoke can damage cells and may lead to cancer.

15. **Secondhand smoke is especially harmful to children.**



16. Studies suggest a link between secondhand smoke and leukemia, lymphoma and brain tumors in children.

17. Children who breathe secondhand smoke are more likely to get colds, allergies and ear infections.

18. **Secondhand smoke can make asthma worse.**

19. Secondhand smoke causes as many as 300,000 cases of pneumonia and bronchitis in children every year.

20. It increases a baby's risk of sudden death syndrome (SIDS).

21. It can irritate your eyes, nose and throat.

22. Secondhand smoke may increase the risk of breast and nasal cavity cancer in adults.

23. Secondhand smoke ruins the taste and smell of food.

24. It makes clothes and hair smell bad.



25. **Everyone has a right to a smoke-free environment.**

26. Chemicals from tobacco smoke can get into rugs, upholstery and other soft surfaces.

27. Smoke-free homes and cars smell better.

28. **Most Americans think smokers should not smoke around nonsmokers.**

29. Separate smoking and nonsmoking sections don't help. Nonsmokers are still exposed to secondhand smoke.

30. Some states have banned smoking in restaurants, bars and other public places.

31. Even with bans it can be hard to avoid secondhand smoke.

32. **If someone is smoking near you, it's OK to politely ask him or her to stop.**



33. You might say, "Excuse me. Can you please not smoke here?"

34. **No amount of secondhand smoke is safe.**

35. More than half of U.S. children are exposed to secondhand smoke.

36. You can protect your loved ones from secondhand smoke.

37. **Ask babysitters, friends and family members not to smoke in your home.**

