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HEALTH EFFECTS OF SECONDHAND SMOKE EXPOSURE

- Secondhand smoke exposure causes heart disease and lung cancer in non-smoking adults.²
- Nonsmokers who are exposed to secondhand smoke at home or work increase their heart disease risk by 25–30% and their lung cancer risk by 20–30%.²
- Breathing secondhand smoke has immediate harmful effects on the cardiovascular system that can increase the risk of heart attack. People who already have heart disease are at especially high risk.²
- Secondhand smoke exposure causes respiratory symptoms in children and slows their lung growth.²
- Secondhand smoke causes sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more frequent and severe asthma attacks in children.²
- There is no risk-free level of secondhand smoke exposure. Even brief exposure can be dangerous.²

Source:

U.S. Department of Health and Human Services. [The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General](http://www.surgeongeneral.gov/library/secondhandsmoke/report/). Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 [cited 2006 Sep 27]. Available from: <http://www.surgeongeneral.gov/library/secondhandsmoke/report/>.

Uhealth Web Site: UHealthSmokeFree.com