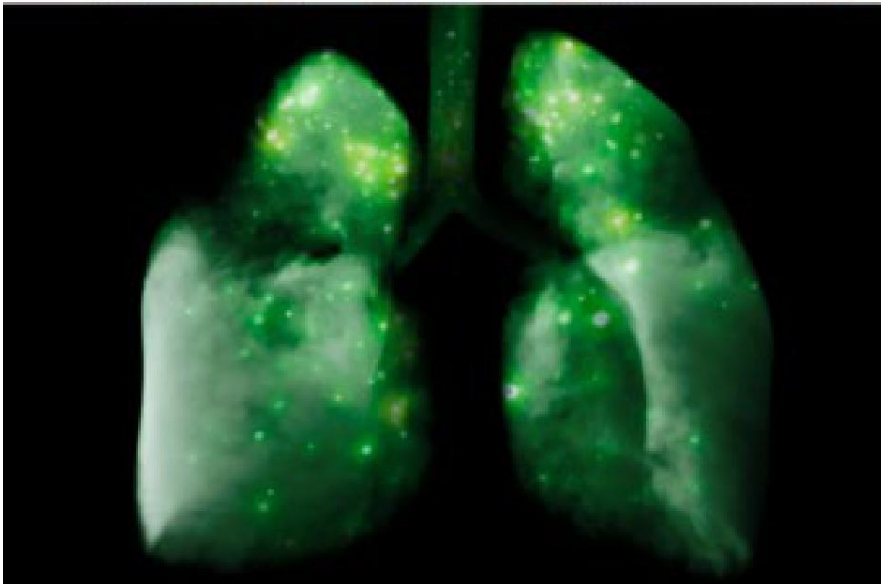




Secondhand Smoke



Overview

You've heard that secondhand smoke is unhealthy. You know it's best to avoid it. But how bad is it, really? Let's take a few minutes to learn about this danger.

What is it?

Secondhand smoke can come directly from the end of a cigarette, cigar or pipe. Or, it can be breathed out by a smoker. This smoke is filled with thousands of chemicals. Some are toxic. And some are known to cause cancer. Breathing in secondhand smoke is unsafe. There is no safe level of exposure. When you're around secondhand smoke, even if you aren't a smoker, you're at risk.

How it affects you

Secondhand smoke causes a wide range of problems. In children, it can cause coughing and sneezing. It causes infections in the ears and respiratory system. It can also cause asthma attacks. Infants exposed to secondhand smoke have a higher risk for sudden infant death syndrome. And in adults, it can lead to heart disease, lung cancer and stroke.

Staying safe

So if you smoke, quit. Don't allow smoking in your home or your car. Don't go to places that allow smoking. And if you have children, teach them to avoid secondhand smoke. Protect yourself and your loved ones by taking secondhand smoke seriously.