

Alarming Statistics

Approximately **53,000 nonsmokers die each year** from second-hand smoke, also known as passive smoking.

Exposure to second-hand smoke can **increase the risk for developing asthma.**

Every year, 36,000 people **die from heart disease** caused by second-hand smoke.

Cancer types linked to passive smoking include lung, nasal sinus cavity, cervical, breast and bladder cancer.

Exposure to second-hand smoke on a daily basis (at work or home) **doubles the risk of having a heart attack.**

Second-hand smoke **can impact children before and after birth** and may be responsible for:

- Low-birth weight and developmental delays
- Higher risk of Sudden Infant Death Syndrome (SIDS)
- Thousands of new asthma cases each year
- Chronic respiratory symptoms such as coughing and wheezing

Online Resources:

- www.raisesmokefreekids.com
- www.gaspforair.org
- www.epa.gov/smokefree



This pamphlet was produced by the El Paso County Public Health's Tobacco Education and Prevention Program, and funded by proceeds from the Colorado Tobacco Tax.

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**What you don't know
can harm you
and your loved ones.**

FACTS ABOUT Second-hand Smoke



Second-hand smoke is a mixture of the smoke exhaled by a smoker and the smoke that comes from the burning end of a cigarette.

Nearly 5,000 chemical compounds are found in tobacco smoke, 200 of which are known to be poisonous and at least 50 that have been identified as carcinogens (cancer causing).

When a cigarette is smoked, about half of the smoke is inhaled and exhaled by the smoker. The remaining smoke stays in the air for hours.

Tobacco smoke released into our environment poses bigger health risks than you might realize:

- The Environmental Protection Agency has classified second-hand smoke as a toxin equivalent to asbestos and other hazardous substances.
- According to the Centers for Disease Control and Prevention, almost 90% of nonsmokers in the U.S. are exposed to

Dangerous chemicals found in tobacco smoke

Ammonia
Acetone
Arsenic
Carbon Monoxide
Cyanide
Formaldehyde
Methane
Nicotine
Tar

*“The debate is over. The science is clear.
Second-hand smoke is not a mere annoyance
but a serious health hazard.”*

- Richard Carmona
U.S. Surgeon General

How can you protect yourself and others?

- If you or your partner smoke, stop. If you have trouble quitting, ask your doctor for help. Free counseling services are available through the Colorado Quitline: **1-800-QUIT-NOW.**
- Children learn by watching adults. Set a good example by not smoking.
- Don't allow anyone to smoke in your house. If people insist on smoking, ask them to step outside.
- Avoid homes, cars and other in-door and out-door venues where people smoke.
- If you live in multi-unit housing, ask the landlord or rental manager to adopt a no-smoking policy for residence.
- If other people care for your baby, make sure they are non-smokers.
- For your baby's health—and your health—stay away from second-hand smoke.
- Don't allow children to ride in a car where someone is smoking—opening the windows does not eliminate the cancer-causing chemicals.



Eighty-three percent of Colorado residents do not smoke.