

EFFECTS OF PASSIVE SMOKING

What is Secondhand Smoke (SHS)?

**SECONDHAND SMOKE IS THE SMOKE EXHALED BY
A SMOKER THAT COMES FROM A BURNING END OF
A CIGARETTE, PIPER OR CIGAR.**



Most of the smoke from a cigarette goes directly into the air. This is called **SIDESTREAM SMOKE**. Second-hand smoke is the mix of the mainstream smoke exhaled by the smoker and the 85% side stream smoke.

There are approximately 600 ingredients in a cigarette and when burned, it creates more than 7,000 chemicals. At least 69 of these chemicals are poisonous and are known to cause **CANCER**. Secondhand smoke has been classified as a human lung carcinogen since 1993.

SECONDHAND SMOKE IS A SERIOUS HEALTH RISK

- SHS EXPOSURE CAN INCREASE A NON-SMOKER'S RISK OF GETTING LUNG CANCER BY 20-30%.
- IT AGGREGATES ASTHMA
- INCREASES THE RISK OF CARDIOVASCULAR AND RESPIRATORY DISEASES SUCH AS CORONARY HEART DISEASE, CHRONIC OBSTRUCTIVE DISEASE AND STROKE.

“There is **NO SAFE LEVEL to Secondhand Tobacco Smoke Exposure”**

IF YOU ARE A SMOKER

AT HOME

Make your home smoke-free. If you smoke, do it outside and ask others to smoke outside too.

WHEN YOU'RE OUT

It is against the law to smoke in enclosed and substantially enclosed public places. This will help reduce exposure to SHS.

IN THE CAR

Smoking in confined spaces like in the car creates a very polluted environment. If you smoke, do it before you set off, take a smoke break on a longer journey.

AT WORK

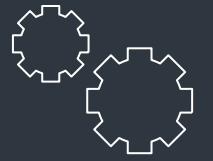
Research shows smokers smoke less when it is banned in the workplace. This also protects the health of both smokers and non-smokers.

IF YOU ARE A NON-SMOKER

- Let the smokers know to not smoke around do.
- Make your home and car smoke-free zones.
- Try to keep away from smoky places or people who are smoking.
- Tell your family and friends that you want to protect your family and ask for their support.

QUIT!

The best way to protect everyone from tobacco smoke is to give up smoking.



DID YOU KNOW?

40% of children, 33% of male non-smokers, and 35% of female non-smokers were exposed to secondhand smoke exposure worldwide.



ONLINE SOURCES:

<http://www.publichealth.hscni.net/>
<http://www.ashscotland.org.uk>
www.lung.org



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