

Connecticut Department of Public Health

Fact Sheet

PROTECT YOUR FAMILY & YOURSELF FROM SECONDHAND SMOKE

- **Secondhand smoke is also known as environmental tobacco smoke and is a mixture of gases and particles that includes smoke from a burning cigarette, cigar, or pipe tip *and* exhaled mainstream smoke.**
- **When a person smokes near you, you breathe secondhand smoke. Whether you are young or old, healthy or sick, secondhand smoke is dangerous.¹**
- **Even if you do not smoke, spending time with a smoker can put your health at risk. The Surgeon General has concluded that there is no safe amount of exposure to secondhand smoke. The only way to protect yourself is by maintaining a completely smoke-free environment.**
 - ⇒ **Secondhand smoke contains at least 250 chemicals that are known to be toxic including more than 50 that cause cancer.**
 - ⇒ **Secondhand smoke contains poisons.²**
 - ⇒ **Secondhand smoke causes heart disease and lung cancer.**
 - ⇒ **Secondhand smoke causes sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more frequent and severe asthma attacks in children.**
 - ⇒ **Even being around secondhand smoke for a short time can hurt your health.**
- **The Surgeon General has identified several methods for obtaining a smoke-free environment.¹ Here are some recommendations:**
 - ⇒ **Make your home and car smoke-free by not smoking and asking others to not smoke in these enclosed places.**
 - ⇒ **When out in public, politely ask people around you and your family to please not smoke or move to another location.**
 - ⇒ **Make sure your children's day care center and/or school is smoke-free.**
 - ⇒ **Teach your family members to avoid secondhand smoke, especially if they have respiratory conditions, heart disease, or**

TOBACCO USE PREVENTION & CONTROL PROGRAM

410 Capitol Avenue
M.S. #11HLS
P.O. Box 340308

Phone: 860-509-8251
Fax: 860-509-7854

website: www.ct.gov/dph

CONNECTICUT DEPARTMENT OF
PUBLIC HEALTH

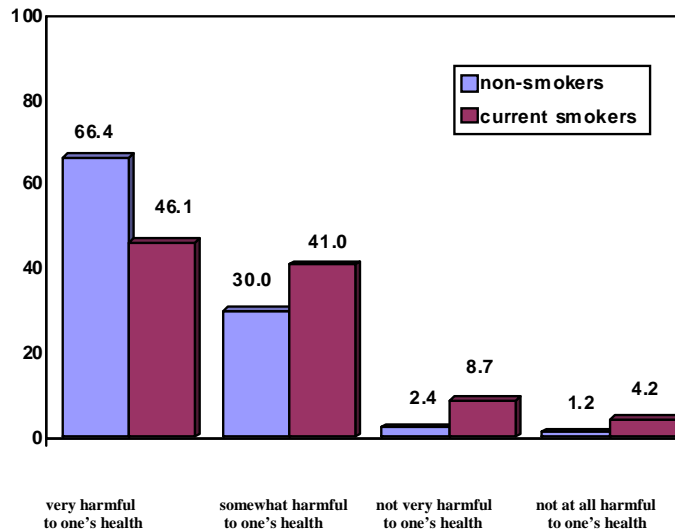
Keeping Connecticut Healthy

PROTECT YOUR FAMILY & YOURSELF FROM SECONDHAND SMOKE

*Working together,
we can reduce everybody's risk of suffering from the harmful effects of secondhand smoke.*

- Remember that opening a window is not a solution. It can take three (3) or more hours for smoke to clear from a room or confined space.
 - Pets are also susceptible to cancer. Keep pets safe from secondhand smoke.
 - The State of Connecticut implemented a smoking ban that prohibits smoking in all government and state buildings, passenger elevators, healthcare institutions, retail food stores, restaurants, public schools and colleges, bowling alleys, and most bars and establishments where alcohol is served.³
- ⇒ For more information regarding the state Smoking Ban, please contact the Tobacco Use Prevention & Control Program at the Department of Public Health through the contact information found on the front page.

Attitudes about the harmful effects of secondhand smoke⁴
by smoking status



¹ Surgeon General Report, *The Health Consequences of Involuntary Exposure to Tobacco Smoke*, 2006
² American Cancer Society, *Cancer Facts & Figures*, 2008
³ State of Connecticut, Department of Public Health, *Tobacco Use Prevention and Control Program*
⁴ Connecticut Adult Tobacco Survey, 2006