

Thirdhand Smoke?

Thirdhand smoke is a mixture of nicotine, toxic residues and airborne particles that are left behind on furniture, walls, carpeting, clothing, and animal fur after a cigarette has been smoked in a room.

Thirdhand smoke residue clings to hair, skin, clothes, furniture, drapes, walls, bedding, carpets, dust, vehicles, animal fur, and other surfaces, even long after smoking has stopped.

Infants, children and nonsmoking adults may be at risk of tobacco-related health problems when they inhale, ingest or touch substances containing thirdhand smoke.

If you are a smoker, please be mindful and understanding of your neighbor's health concerns and smoke away from them.

MONTANA TOBACCO



www.QuitNowMontana.com

For help quitting all commercial tobacco products, and receive up to 8 weeks of FREE nicotine replacement therapy (patches, gum, lozenges) call: 1-800-QUIT-NOW (1-800-784-8669) or visit www.QuitNowMontana.com

There is no safe level of exposure to secondhand smoke (SHS). Any exposure is harmful.

The only way to fully protect non-smokers from exposure to SHS indoors is to prohibit all smoking in that indoor space or building and move smoking areas away from the building.

Separating smokers from non-smokers, cleaning the air, and ventilating buildings cannot keep non-smokers from being exposed to SHS

-American Cancer Society

Resources:

American Cancer Society:

<http://www.cancer.org/cancer/cancercauses/tobaccocancer/secondhand-smoke>

Centers for Disease Control:

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm#overview

Mayo Clinic:

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/third-hand-smoke/faq-20057791>

Montana Tobacco Use Prevention Program:

<http://dphhs.mt.gov/publichealth/mtupp>

The Truth Campaign:

<https://www.thetruth.com/categories/animals/fact>

Secondhand Smoke

The Facts.



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What is Secondhand Smoke?

Secondhand smoke is the combination of smoke that is expelled from the lit end of a combustible tobacco product and the smoke exhaled out by the smoker. When a person is near someone who is smoking, they are breathing in secondhand smoke.

People can be exposed to secondhand smoke in a variety of different ways including homes, apartments, cars, and public places like parks

1,600 Montanans die from diseases directly related to tobacco use each year

175 Montanans die each year from diseases related to secondhand smoke exposure.

Is Secondhand Smoke Dangerous?

YES! Secondhand smoke (SHS) is dangerous to anyone who breathes it in. According to the U.S. Surgeon General, there is no safe level of exposure to secondhand smoke. Secondhand smoke contains over *7,000 harmful chemicals*, with at least 69 that are known to cause cancer.

Here are a few of the ways secondhand smoke can harm your body:

- **Cancer.** SHS has more than 69 toxic chemicals known to cause cancer. Secondhand smoke can cause lung cancer in people who have never smoked themselves and other forms of cancer including brain, stomach, breast, liver and throat
- **Heart disease.** Breathing SHS increases your risk of heart disease, and heart attack.
- **Breathing problems.** It can cause coughing, extra phlegm, wheezing, and shortness of breath.

Secondhand Smoke, Children & Pregnant Women

Secondhand smoke is especially dangerous for children, babies, and women who are pregnant. Some serious health effects include:

- **Premature birth**
- **SIDS (sudden infant death syndrome)**
- **Low birth weight**
- **Weak lungs**
- **Severe asthma**
- **Breathing/Lung problems**
- **Ear infections**
- **Childhood Cancer** –*Secondhand smoke exposure is linked to Lymphoma, Leukemia, Liver cancer, and Brain tumors in children*

Secondhand Smoke in or around Apartments, Houses & Buildings

We spend the majority of our time at home and work so establishing a smoke-free space protects your family, your guests, employees, and even pets.

Multi-unit housing and places of employment where smoking is allowed in or around the building is a major concern. Tobacco smoke can move through air ducts, windows, door, wall and floor cracks, elevator shafts, and along crawl spaces to contaminate units on other floors, even those that are far from the smoke.

SHS cannot be controlled with ventilation, air cleaning, or by separating smoker's units from non-smoker's units.

The best way to protect tenants, guests and employees is to be tobacco free or move smoking areas at least 15 feet away from the building

Protecting your Neighbors and Loved Ones

The best thing you can do for your health and the health of those around you is to quit smoking. If you cannot quit smoking, discontinue smoking in the house and keep your car smokefree.

Youth and adults breathe in secondhand smoke at home more than any other place

Setting "smokefree rules" for **everyone** in your home and car will help to:

- **Reduce the amount of secondhand smoke your family breathes in**
- **Increase the health and wellbeing of your family**
- **Help you quit smoking**
- **Decrease the chance of your children becoming life-long smokers**

Secondhand Smoke & Pets

- Dogs and cats are 2x as likely to get cancer if their owner smokes
- Secondhand smoke exposure has been linked to lung cancer in birds
- Rabbits are more likely to have heart problems if their owner smokes
- Cat fur picks up toxins and residue particles from cigarette smoke, when cats groom themselves they ingest those toxins and can develop cancer or get very sick