Each year, secondhand smoke causes nearly 34,000 nonsmoker deaths from heart disease in the United States.

For more information about this research, kindly visit www.mothersandothersforcleanair.org
The evidence around smoking's health effects are clear: smoking increases risk of disease in every organ in your body (particularly your lungs) and is the leading cause of preventable death. However, second-hand smoke is a large source of preventable air pollution and the diseases it causes.

According to the Environmental Protection Agency (EPA) “Secondhand smoke is a mixture of the smoke given off by the burning of tobacco products...and the smoke exhaled by the smoker.”

Secondhand smoke is classified by the EPA as a Group A carcinogen (cancerous) and carries more than 7,000 toxins. Exposure to secondhand smoke commonly occurs in the home and can move from room to room.
VAPING

THE PROBLEM

Vaping is not safe, even though it is less harmful than smoking. The Centers for Disease Control and Prevention (CDC) lists many chemicals in vaping smoke, including nicotine, ultrafine particles, flavorings (including diacetyl, a chemical linked to lung disease), volatile organic compounds (VOCs), chemicals that cause cancer, and heavy metals from the platform that vaporize along with the vaping fluid.

CDC reported a 2020 outbreak of lung injuries associated with vaping, mostly as a result of black market or unverified vape products. Vaping is new, so health consequences are still being researched, but we do know people who vape will suffer from nicotine addiction and all the harm nicotine causes, and that vaping aerosol can contain chemicals known to cause lung damage. Studies currently suggest that vaping is linked to increased asthma and chronic lung disease, and the heavy metals could accumulate in your body and damage your kidneys or other organs.

Nicotine, the chemical in vapes that give users a “rush”, is a toxic substance that increases your chances of having a heart attack. Nicotine is also harmful to pregnant people and the developing fetus, and affects brain development in adolescents and young adults. Nicotine is as addictive as heroin and cocaine, and many vapes give users more nicotine per hit than a cigarette.

Research suggests that vaping is not an effective way to quit smoking--most vapers continue to smoke both cigarettes and vapes.

To Find other ways to quit, visit: https://smokefree.gov
WHY IS THIS IMPORTANT TO MY OR MY CHILD’S HEALTH?

FAST FACTS

- Since 1964, 2.5 million nonsmoking adults have died from secondhand smoke exposure.
- Each year, secondhand smoke causes nearly 34,000 nonsmoker deaths from heart disease in the United States.
- “Non-smokers who are exposed to secondhand smoke at home or work increase their risk of developing heart disease by 25-30%.”
- “Non-smokers who are exposed to secondhand smoke at home or at work increases their risk of developing lung cancer by 20-30%.
- Secondhand smoke is particularly harmful to infants and children.
- Secondhand smoke has serious side effects for children who have asthma, it is a known asthma trigger.
- More than half of US children with asthma are exposed to secondhand smoke.
- Smoking during pregnancy results in more than 1,000 infant deaths annually.
Why is this important to my or my child’s health? (cont.)

- Youth e-cigarette use rose 1,800% from 2011 to 2019.
- 40% of young e-cigarette users had never smoked regular tobacco before using e-cigarettes.
- More than 30% of teens who start using e-cigarettes begin smoking traditional tobacco products within six months.
- As of February 18, 2020, a total of 60 hospitalized deaths and nearly 3000 hospitalizations related to e-cigarette use and vaping have been reported to CDC from all 50 states, the District of Columbia, and two U.S. territories (Puerto Rico and U.S. Virgin Islands).

SMOKING CAN CAUSE THE FOLLOWING SYMPTOMS/DISEASES:

- Nasal Irritation
- Coughing
- Wheezing
- Contracting Asthma
- Frequent Asthma Attacks
- Respiratory Infections
- Ear Infections
- Low Birth Weight
- Heart Disease
- Stroke
- Lung Disease
- Lung Cancer
- Other Cancers
- Sudden Infant Death Syndrome

Ear Infection

Contracting Asthma
VAPING CAN CAUSE THE FOLLOWING SYMPTOMS/DISEASES:

VAPING IS STILL A NEW TREND, BUT RESEARCH IS ALREADY BEGINNING TO SUGGEST THAT IT CAN CAUSE THE FOLLOWING SYMPTOMS/DISEASES:

- Nasal Irritation
- Increased Blood Pressure
- Heart Disease
- Gum inflammation

- Lung Disease
- Brain Development Effects
- Severe Lung injury

Gum Inflammation

Nasal Irritation

Lung Disease

Increased Blood Pressure
HOW TO KEEP MY HOME SAFE FROM SECONDHAND SMOKE

If there is a smoker/vaper in your house, or if you do not live in a smoke-free building there are ways to help reduce second-hand smoke exposure.

✅ **DO NOT LET THE SMOKER/VAPER SMOKE OR VAPE INSIDE THE HOME, CAR, AND AROUND THE CHILDREN.**

This is the single most important step to prevent secondhand smoke exposure. Many apartment buildings have smoking zones outside where a smoker/vaper can go.

✅ **OPEN DOORS AND WINDOWS TO CREATE VENTILATION.**

Open multiple doors and windows in the home to create a cross breeze and clear the toxins from the smoke from your home.

✅ **MAKE SURE YOU HAVE PROPER VENTILATION IN YOUR HOME.**

Your heating/cooling appliance should have an air filter on it. Air filters for home use are rated using a *Minimum Efficiency Reporting Value* scale (MERV) between 1-13. To successfully keep your home’s air safe, try to purchase filters between 8-13 MERV. In a common American home, the air filter should be replaced approximately once a year.

✅ **HELP THE SMOKER/VAPER IN YOUR HOME QUIT TO ELIMINATE ANY EXPOSURE.**

To entirely eliminate secondhand smoke exposure in your home, help the smoker or vaper in your family quit. You can find resources below:

For more tips and information check out the CDC’s Guide for Quitting Smoking:
https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/index.html
RESOURCES TO DEAL WITH A TOBACCO ADDICTION

QUIT LINES

- **American Cancer Society (Quit for Life)**  [http://www.quitnow.net/](http://www.quitnow.net/)
  866-QUIT-4-LIFE (866-784-8454); 24 hours a day, 7 days a week (except Thanksgiving, Christmas, and July 4)

  800-LUNGUSA (800-586-4872)

  NCI’s telephone quitline: 877-44U-QUIT (877-448-7848); TTY 800-332-8615; 8 AM to 8 PM ET, Monday through Friday (English and Spanish)
  
  **LiveHelp**, live online chat assistance, is available 8 AM to 11 PM ET, Monday through Friday (English only).
  
  **LiveHelp Link**:  [https://livehelp.cancer.gov/app/chat/chat_launch](https://livehelp.cancer.gov/app/chat/chat_launch)

- **U.S. Department of Health and Human Services (BeTobaccoFree)**  [https://betobaccofree.hhs.gov/quit-now/index.html](https://betobaccofree.hhs.gov/quit-now/index.html)
  Local and state: 800-QUIT-NOW (800-784-8669)
RESOURCES TO DEAL WITH A TOBACCO ADDICTION:

SUPPORT GROUPS

- **Truth Initiative: Become an EX**
  Link: [http://www.becomeanex.org/](http://www.becomeanex.org/)

- **American Lung Association: Freedom From Smoking**
  Link: [http://www.ffsonline.org/](http://www.ffsonline.org/)

- **Nicotine Anonymous**
  Link: [http://www.nicotine-anonymous.org/](http://www.nicotine-anonymous.org/)

- **QuitNet**

MOBILE APPS

- **National Cancer Institute: QuitPal App**
  Link: [https://digital.gov/2013/03/14/nci-quitpal-app/](https://digital.gov/2013/03/14/nci-quitpal-app/)

- **LIVESTRONG: MyQuit Coach**

- **CDC: QuitSTART**
  Link: [https://smokefree.gov/tools-tips/apps/quitstart](https://smokefree.gov/tools-tips/apps/quitstart)