

# **Secondhand Smoke, Is It Really That Bad?**

## **What is secondhand smoke, anyway?**

- ~ Smoke that is involuntarily inhaled by nonsmokers from other people's cigarettes
- ~ Secondhand smoke is smoke breathed out by a person who smokes
- ~ Smoke from the end of a burning cigarette is also considered secondhand smoke

## **Who is affected by secondhand smoke?**

- ~ Waiters and waitresses who work in establishments that allow smoking
- ~ Any person who lives with a smoker
- ~ Someone who is in an establishment that allows smoking
- ~ Anyone around anyone who smokes

## **Lets look at the facts to decide:**

- ~ Secondhand smoke has over 4,000 chemicals in it. Two-hundred of them are poisonous. And 43 cause cancer.
- ~ The Environmental Protection Agency has classified secondhand smoke as a cancer causing agent.
- ~ The deaths of 3,000 non-smokers is caused by secondhand smoke
- ~ Symptoms of those who have respiratory issues (bronchitis, asthma, cold) and are around secondhand smoke will be more intense

**For more information contact  
The Center for Health Education & Promotion at 288-5217**

**Adapted from the American Lung Association of Wisconsin**