

**PLEASE DON'T SMOKE
IN OUR HOME**



WHAT IS SECONDHAND SMOKE?

Secondhand smoke is the smoke given off by a cigarette, cigar, or pipe and the smoke exhaled by the person who is smoking it.

AND WHY IS IT SO DANGEROUS?

The smoke from tobacco products contains over 4,000 substances; more than 40 of them can cause cancer in humans

Children exposed to second hand smoke experience:

- ▶ more frequent colds and ear infections
- ▶ increased coughing, wheezing
- ▶ higher risk of pneumonia and bronchitis
- ▶ weaker lungs
- ▶ higher risk of developing asthma
- ▶ worsened asthma

Infants exposed to secondhand smoke could be at increased risk for Sudden Infant Death Syndrome (SIDS)

In adults, second hand smoke

- ▶ can cause cancer
- ▶ can make it easier to get lung diseases,

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Second-hand Smoke Kills. Let's clear the air.

World No Tobacco Day, 31 May.  **World Health Organization**