



## Second-hand smoke

**THE FACTS!**

### What is second-hand smoke?

Second-hand smoke is the smoke that fills the air when people burn tobacco products, such as cigarettes, cigars, or pipes.

There are two types of second-hand smoke:

- Side-stream smoke - smoke released from the tip of the cigarette
- Mainstream smoke - smoke breathed out by the smoker.

### Second-hand smoke harms us, our children, and our people

- Second-hand smoke contains the same toxic chemicals that smokers inhale
- There is no risk-free level of secondhand smoke exposure; even brief exposure can be harmful to health.

### What is second-hand smoke?

You can protect yourself and your people from second-hand smoke by:

- Quitting smoking if you are not already a non-smoker
- Not allowing anyone to smoke inside or outside your home
- Not allowing anyone to smoke in your car, even with the windows down
- Having a yarn with others about the effects of second-hand smoke.

### Health effects in children

In children, second-hand smoke can cause:

- Ear infections
- More frequent and severe asthma attacks
- Respiratory infections (bronchitis and pneumonia)
- Greater risk for sudden infant death syndrome (SIDS).

### Health effects in adults

In adults who have never smoked, secondhand smoke can cause a range of health problems, including:

- Heart disease
- Lung disease (emphysema/COPD)
- Lung cancer
- Breast cancer
- Stroke.

**When quitting smoking gets tough, remember that you are improving the health of your family and friends, as well as your own.**



Talk to your GP or Pharmacist for further advice or call Quitline on the number above.