

RISKS OF SECOND HAND SMOKE EXPOSURE

WHAT MAKES SECOND HAND SMOKE DANGEROUS?

Second-hand smoke hurts everyone. It contains the same chemicals that are inhaled by a smoker (including nicotine). Out of the over 4,000 chemicals, at least 70 can cause cancer. There is no safe level of exposure to tobacco smoke.



WHO IS MOST AT RISK?

Unborn babies are particularly vulnerable to second-hand smoke. Second-hand smoke chemicals can reach them through their mother's placenta.

RISK TO ADULTS

Second-hand smoke increases their risk of:

- heart problems,
- lung cancer,
- emphysema,
- breathing problems (like asthma),
- excessive coughing, and
- nasal and chest infections.

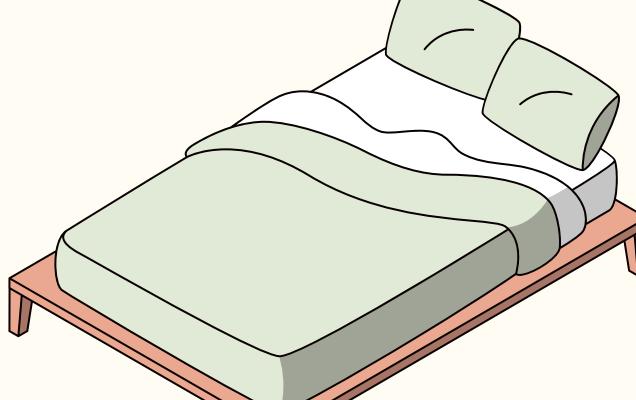


SMOKING IN ENCLOSED SPACES

Smoking in enclosed spaces (like in your home or car) increases the risks linked with second-hand smoke exposure. This is because the level of second-hand smoke is higher in enclosed spaces.

SMOKING IN ROOMS

Second-hand smoke toxins also remain in a room long after someone has smoked. These harmful toxins can cling to different materials such as rugs, curtains, and furniture.



WORKERS ARE PROTECTED!

There are laws and regulations that protect your right to smoke-free air. Smoke-free legislation is in place at the federal, provincial, territorial and municipal levels to protect your health.

