

# 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.



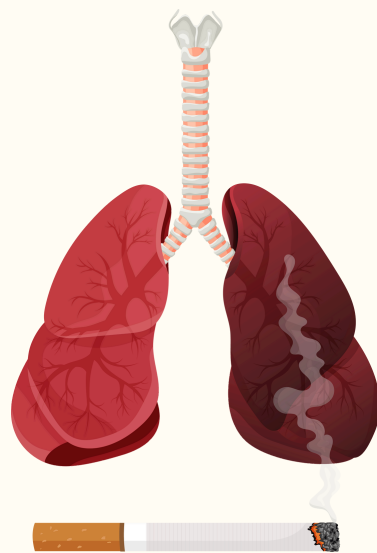
## WHO IS MOST AT RISK?

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.



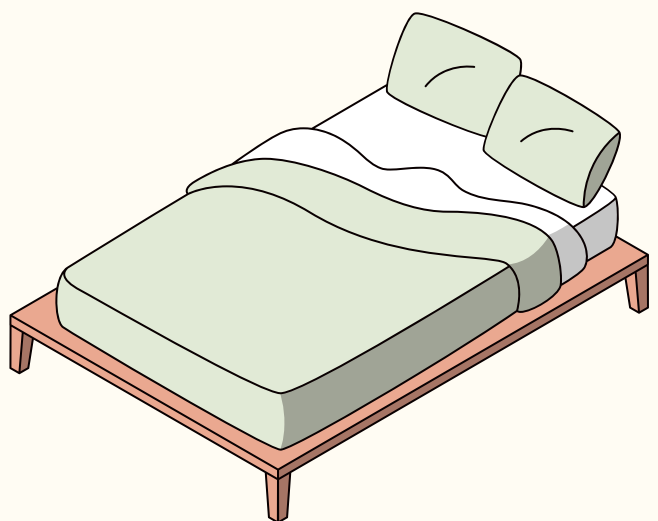
## SMOKING IN ENCLOSED SPACES

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.

