

Decreasing Exposure to Secondhand Smoke

- Do not allow smoking inside your home or car
- Do not allow smoking near you, your children, or pets
- Seek smokefree childcare options
- Rent smokefree apartments
- Board pets in smokefree environments

Decreasing Thirdhand Smoke Exposure

- When taking the smoke outside wear a designated jacket and leave it out there.
- Wash your hands when you come inside after smoking so the children, especially infants, are not exposed to the toxins.
- Incorporate thirdhand smoke rules with childcare providers.
- When traveling ask for a smokefree room on a smokefree floor.
- Rent smokefree vehicles.

Source: *Secondhand Smoke What it Means to You* CDC

E-Cigarette Concerns

Secondhand Aerosols (vapor)

- Secondhand e-cigarette aerosol (called vapor by the industry) contains nicotine, ultrafine particles, and low levels of toxins that are known to cause cancer.



There are metals in e-cigarette aerosol and E-cigarette aerosol contains propylene glycol. While the FDA has classified this as generally safe for use in foods, it has not been approved to be inhaled into the lungs.

Source: *FDA/Tobacco/Gov*

Secondhand Smoke Health Concerns

According to the Surgeon General 2007 report “The Health Consequences of Involuntary Exposure to Secondhand Smoke there is no safe level of exposure to secondhand smoke”.

- It hurts you
- It doesn't take much
- It doesn't take long

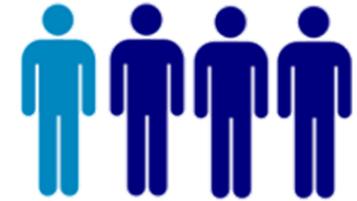
Smoke eaters and ventilation systems can't remove cancer causing agents from the air even if the air smells better

	<ul style="list-style-type: none"> • Infants are more susceptible to these toxic particles because they have a faster breathing rate, which means they are exposed to higher levels than older children.
	<ul style="list-style-type: none"> • Children age 3-11 years have tobacco smoke exposure levels that are twice as high as adults.
	<ul style="list-style-type: none"> • Wear a jacket outside just for smoking and leave it out there. • Wash your hands when you come inside from smoking so children are
	<ul style="list-style-type: none"> • Secondhand smoke has been associated with oral cancer and lymphoma in cats, lung cancer in birds and dogs.
<p>5 Counties Website</p>	<p>www.tobaccofreelivingfdl.com</p> <p>For more information contact: Sandy Bernier (920) 906-5537 Email: sandy.bernier@fdlco.wi.gov</p>

Secondhand and Thirdhand Smoke

5 Counties for Tobacco-Free Living
 Tobacco Prevention and Control
 Coalition

Fond du Lac , Green Lake,
 Marquette , Washington , and Waushara



1 in 4 nonsmokers in the United States
 are exposed to Secondhand Smoke



Public Health
 Prevent. Promote. Protect.

**Fond du Lac County
 Health Department**

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Secondhand Smoke

Secondhand smoke is smoke from burning tobacco products such as cigarettes, cigars, pipes, or other tobacco products. In addition when anyone smokes, toxic particulate matter (thirdhand smoke) from tobacco gets into your hair and clothing.

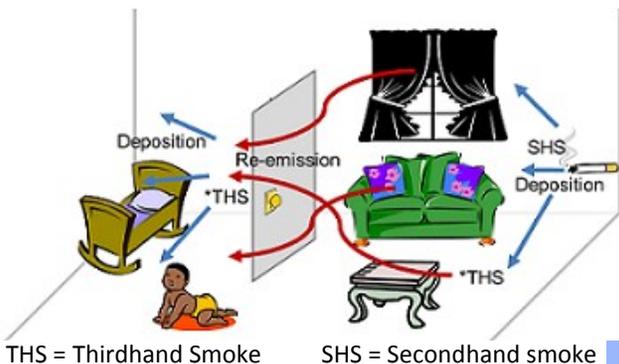


How do scientists measure exposure to secondhand smoke?

- Number of people smoking
- Number of cigarettes they smoke
- Time spent in the room exposed to the smoke
- Levels of nicotine in the air
- Levels of nicotine by-product in the body

Thirdhand Tobacco Smoke

Have you ever walked into a room that smells like smoke but there is no smoker in sight? You're smelling thirdhand smoke; residual from tobacco smoke that remains after a cigarette is extinguished. The invisible toxins from tobacco stays on surfaces like carpets, clothing, and toys.



Facts About Secondhand Smoke

It is toxic and contains more than 7,000 chemicals.

This invisible toxic brew contains:



Facts About Thirdhand Smoke

- Thirdhand smoke contains more than 250 chemicals.
- The residue from thirdhand smoke builds up on surfaces over time.
- Thirdhand smoke **can't** be eliminated by airing out rooms, opening windows, using fans or air conditioners, or confining smoking to only certain areas of a home.
- Decontaminating a home or car that was used by a smoker may require expensive professional cleaning as it can stain walls, floors, and the smell can remain in dry wall, insulation, and other building materials.
- So when you smoke — anywhere — toxic particulate matter (Thirdhand Smoke) from tobacco gets into your hair and clothing.



Source : https://www.healthychildren.org/SiteCollectionDocuments/Thirdhand_smoke_A_Threat_to_Child_Health.pdf

Secondhand Smoke and Your Lungs

- Secondhand smoke causes lung cancer in adults who don't smoke
- Breathing in secondhand smoke at home or work increases your chance of getting lung cancer by 20-30 percent

Secondhand Smoke and Your Heart

- Secondhand smoke damages the lining of your blood vessels and changes how your heart, blood, and blood vessels work in many ways. These harmful changes can lead to a heart attack.

Thirdhand Smoke Exposure

- Babies and children can be harmed because they breathe in toxic chemicals when they crawl on floors, sit in cars, or are held by adults- thirdhand smoke can settle on all of these surfaces.
- Due to faster breathing rates and smaller lungs, children can have up to three times more cotinine (tobacco byproduct) in their system than adults after exposure to the same amount of smoke.
- Cats, while grooming, lick up the cancer-causing agents that accumulate on their fur.
- Long nose dogs are more susceptible to cancer of the nose, while short nose dogs are at risk for cancer of the throat.

