SECONDHAND SMOKE: TRUE OR FALSE?

Secondhand smoke can be more dangerous than smoke inhaled from a cigarette.
TRUE: Concentrations of many cancer-causing and toxic chemicals are higher in secondhand smoke than in inhaled smoke.

Secondhand smoke is safe outdoors.
FALSE: Outdoor exposure can be greater than that caused by being in a smoky indoor area. One hour outside with someone smoking 2 cigarettes could expose you to more toxins than being in a smoky indoor area for the same length of time.

The smoke from one cigarette remain in a room for up to two hours.
FALSE: Actually, it hangs around for up to five hours!

Pets are unaffected by secondhand smoke.
FALSE: Thirdhand smoke -toxins from smoke that stick to surfaces- settle in the fur and feather of animals which is ingested during grooming and licking. Dogs and cats who live with someone who smokes have a higher risk of cancer.

Secondhand smoke can cause breast cancer.
TRUE: Women exposed to secondhand smoke have up to a 90% greater risk of breast cancer.

Tobacco related disease kills one non-smoker for every twenty smokers.
FALSE: It's even worse. It is estimated that one nonsmoker dies from the effects of tobacco for every eight smokers who die.

Secondhand smoke kills more people than motor vehicle accidents or firearms.
TRUE: Secondhand smoke is the third leading preventable cause of disability and early death in the U.S.

SCAN to learn more

It only takes 5 minutes for secondhand smoke to hurt you.

For more information, visit www.tobacofreejeffco.com
For quit-smoking resources, visit www.COQuitLine.com or call 1-800-QUIT-NOW