



What is Secondhand Smoke?

Secondhand smoke is smoke being inhaled involuntarily when others are smoking in the vicinity.



Who is Exposed?

- More than **23 million**, or about **35%** of children in the U.S. have been exposed to secondhand smoke.
- More than one-third of all people are regularly exposed to the harmful effects
- Just like people, pets who live with smokers are more likely to experience symptoms of respiratory disease, like asthma, bronchitis and lung cancer than pets who live in smokefree homes. Studies also show a dramatic increase in cancer prevalence among pets exposed to secondhand smoke.

How Can the Public be Protected from Secondhand Smoke?

Businesses, communities and individuals can take action to help prevent secondhand smoke inhalation.

- Implement tobacco free policies in indoor and outdoor public places
- Help smokers and other tobacco users quit through programs such as the American Lung Association's Freedom From Smoking® at [Lung.org/ffs](https://www.lung.org/ffs)
- Implement smokefree policies that help enforce a smokefree environment

How Toxic is Cigarette Smoke?

More than 7,000 chemicals are in tobacco smoke. At least 69 of these chemicals are known to cause cancer, and many are poisonous. Here are a few of the chemicals and other places they are found:

- Acetone – found in nail polish remover
- Acetic Acid – an ingredient in hair dye
- Ammonia – a common household cleaner
- Arsenic – used in rat poison
- Benzene – found in rubber cement
- Butane – used in lighter fluid
- Cadmium – active component in battery acid
- Carbon Monoxide – released in car exhaust fumes
- Formaldehyde – embalming fluid
- Lead – used in batteries
- Methanol – a main component in rocket fuel
- Nicotine – used as insecticide
- Tar – material for paving roads



Secondhand smoke exposure causes approximately

7,300 lung cancer deaths per year

1-800-LUNGUSA | [Lung.org](https://www.lung.org)