



ALL
SECONDDHAND
SMOKE **IS**
HARMFUL

Quick tips for a smokefree life.

SecondhandDangers.org

CIGARETTES, HOOKAHS, MARIJUANA, VAPES, CIGARILLOS

More ways to smoke = more smoke

Secondhand smoke is more common than you might think. In 2017 only 10% of Californians smoked cigarettes, but over half were exposed to the secondhand harm. And cigarette smoke is just the beginning. Californians face increasing levels of secondhand smoke from vape and marijuana.

None of it is harmless.



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ALL SECONDHAND SMOKE IS HARMFUL

Just because it doesn't smell like a cigarette doesn't mean it's not a health risk. There's no such thing as safe secondhand smoke. **Here are dangers specific to various smoking products.**

Vape

At least 10 chemicals identified in vape aerosol are on California's Proposition 65 list of cancer-causing and reproductive toxic chemicals.

Marijuana

Secondhand marijuana smoke contains many of the same cancer-causing substances and toxic chemicals as secondhand tobacco smoke. In one study, 3 out of 4 kids whose parents smoked marijuana in the house had tetrahydrocannabinol (THC) in their bloodstream.

Cigarettes

Secondhand cigarette smoke causes approximately 7,330 deaths from lung cancer and 33,950 deaths from heart disease each year in the US.

Hookah

Secondhand hookah smoke contains carbon monoxide and other toxic chemicals which can cause lung, bladder, and oral cancer.

Cigarillos

Secondhand smoke from cigarillos contain the same toxic chemicals as cigarette smoke.



PROTECT THE VULNERABLE

Children, Elderly People, and Pets

Secondhand smoke endangers the health of everyone in its reach, especially kids and pets who lack the ability to change their environments.

Kids face greater risk of:

Middle ear infections

Respiratory infections

Asthma

Babies exposed to secondhand smoke have a higher rate of SIDS (sudden infant death syndrome).

Elderly people (as well as all adults) are at risk of:

Chronic respiratory symptoms

Asthma

Heart attacks

Weakened health

Pets are affected in the following ways:

Dogs show more instances of lung and nasal cancer.

Cats living in homes with smokers have about 3x the risk of developing lymphoma, a cancer with a poor prognosis for survival.

Birds develop respiratory problems, such as pneumonia and lung cancer.



PROTECTING YOUR LOVED ONES IN PLACES & SPACES

Know Your Rights & How to Stand Up

Secondhand smoke exposure is rapidly increasing, and it's up to you to educate yourself on the policies in your community that protect your family. Cities, counties, and tribes enact their own smokefree policies. Local policies can build on statewide smokefree laws, and expand to more places and spaces to protect you and your family.

When you know what policies are in place, you can stand up and protect yourself and your loved ones.

CA clean indoor air laws prohibit indoor smoking of:

Vape
Marijuana
Cigarillos
Cigars
Hookah
Cigarettes

You can be exposed to secondhand smoke:

Indoors – your home, apartment, condo or some workplaces.

Outdoors – sidewalks, entryways, parks, trails, restaurant dining patios, festivals, concerts, or other organized events and outdoor worksites.



WHAT TO DO IF YOU'RE EXPOSED TO DANGEROUS SECONDHAND SMOKE

1

Visit [TobaccoFreeCA.com](https://www.tobaccofreeca.com) to learn about California smokefree laws.

3

[Contact your local health department](#) to report being exposed or to get assistance on an issue you're experiencing.

2

Learn about your community's [smokefree policies](#).

4

[Contact your mayor](#) to let them know you want a completely smokefree community.



CREATE A SMOKEFREE ENVIRONMENT

Helping Someone Quit

If you're exposed to secondhand smoke from someone you live or spend time with, there are things you can do to help. The California Smokers' Helpline provides professional counseling in six languages. Counselors are trained on effective strategies for quitting nicotine products like cigarettes and vapes.

Help is available by telephone counseling, text messaging, web chat, and an online app to help all tobacco users quit. For more information and resources for youth, young adults and parents, call **1-800-NO-BUTTS** or visit www.nobutts.org.

If you or someone you know wants to quit using marijuana, consult your doctor or contact the Substance Abuse and Mental Health Services Administration helpline at **1-800-662-4357**.

HOW TO DEAL WITH SECONDHAND SMOKE

Tips from fellow Californians (2019)

“ I was exposed to secondhand marijuana at a music festival in Fresno. I was surprised the venue didn't have stricter policies about smoking and vaping. I used social media to complain to the venue. A public complaint doesn't look good on social, so they are more likely to respond quickly.

Peter

“ If you are being exposed to secondhand smoke from cigarettes or vape [at work] you need to approach management right away.

Kory

“ I was at a basketball game and the person in front of me was vaping. He'd vape and then tuck away his pen when ushers would walk by. I told security about it and they handled it.

Karla

“ My boyfriend smokes cigarettes and we live together. If I'm hanging out outside with him I'll keep a distance to avoid inhaling the secondhand smoke. If he comes in from smoking outside I ask him to wash his hands and brush his teeth because the fumes can trigger a headache for me.

Mary

“ If I'm at a restaurant dining outside and people are vaping or smoking, I might just ask to move tables.

Araceli

“ Outside a Starbucks a group of older men were smoking and playing cards. The only open seats were outside. I asked a barista if they allowed smoking and she said no. She asked the men to stop smoking.

Toni

MORE RESOURCES

What toxic chemicals are in secondhand smoke, what their effects are, and how to protect your family.

Source: Office of the U.S. Surgeon General

The do's and don'ts of helping people quit.

Source: California Smokers' Helpline

Facts about secondhand smoke from the American Nonsmokers Rights Foundation.

Source: American Nonsmokers' Rights Foundation

How to make informed decisions about cannabis.

Source: California Department of Public Health

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