

Protect your health and the health
of those around you by quitting
smoking today.

Call the Mississippi Tobacco Quitline
for free assistance to help you
quit successfully.

1-800-QUIT-NOW
(1-800-784-8669)
www.quitlinems.com



MISSISSIPPI STATE DEPARTMENT OF HEALTH

5267

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Secondhand Smoke





Smoking is dangerous not just to the smoker, but also to the people around them.



Secondhand smoke contains over 7,000 chemicals, and more than 69 of them are known to cause cancer. It is the leading preventable cause of death in the U.S., killing an estimated 53,000 nonsmokers each year.

Children are especially vulnerable because they breathe at a faster rate than adults.

ASTHMA - Children around secondhand smoke are more likely to have asthma. Tobacco smoke can cause asthma attacks and make the attacks worse.

LUNG CANCER - Secondhand smoke can cause lung cancer. Three thousand people die from lung cancer each year in the U.S. because of secondhand smoke.

DEATH - Secondhand smoke is also a cause of babies dying in the first few months of life.

PREGNANCY - Smoking and being around other smokers while pregnant is linked to a higher rate of miscarriage, early births, low birth weight infants, and future learning problems.

EAR INFECTIONS - Children around secondhand smoke have more ear infections and take longer to recover from the illness.

HEART DISEASE - Secondhand smoke can lead to heart disease and heart attacks, causing about 46,000 deaths each year among adult nonsmokers in the U.S.

LUNG INFECTIONS - Being around secondhand smoke increases the chances of getting lung infections like pneumonia, especially in children.

Protect yourself and your family from secondhand smoke.

- Keep your home and car smoke-free.
- Go to restaurants and places that are smoke-free.
- Opening windows or using airfilters does not prevent people from breathing secondhand smoke.