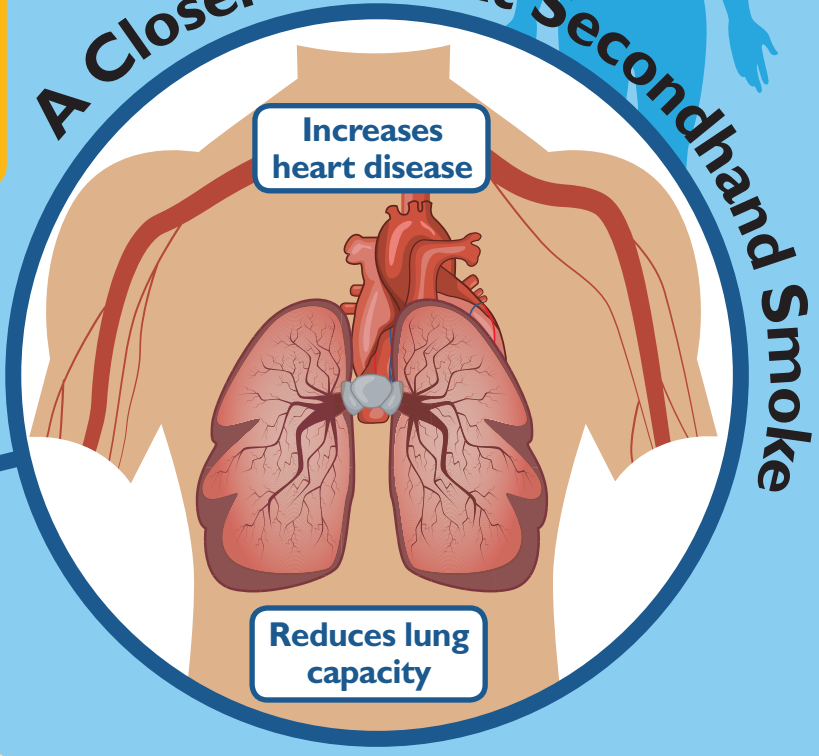
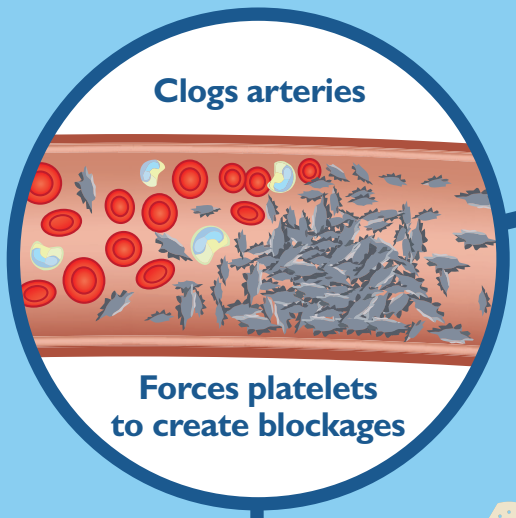
Secondhand Smoke: It's Bad for Every Body!

What is Secondhand Smoke?

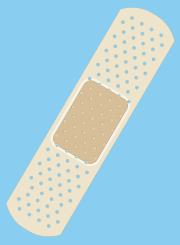
Secondhand smoke comes from the burning end of a cigarette, cigar, or pipe, as well as the smoke exhaled by smokers.

A Closer Look At Secondhand Smoke





Impairs the body's healing process



Increases "bad" cholesterol through daily intake

Worsens asthma and other breathing problems

Increases risk of stroke and early death

How Bad is Secondhand Smoke?

There is no safe level of exposure to secondhand smoke at any age. It can cause immediate harm to smokers and non-smokers and cause early death.

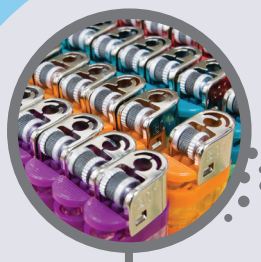
Make smoking history.

COMMONWEALTH OF MASSACHUSETTS
DEPARTMENT OF PUBLIC HEALTH

Visit makesmokinghistory.org for more information.

TC3461 - English: September 2014

Secondhand smoke has more than 7,000 chemicals. Many are toxic and cause lung cancer.



BUTANE
Used in lighter fluid

CHROMIUM
Used to manufacture steel

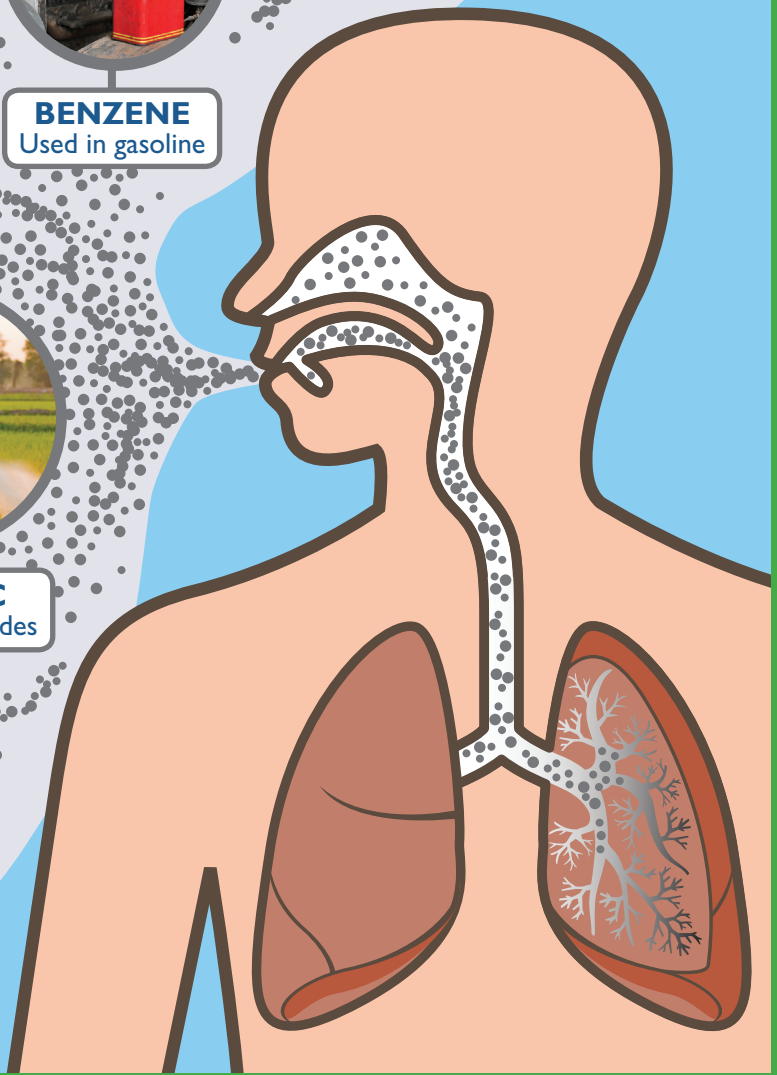
CARBON MONOXIDE
Found in engine exhaust

LEAD
Once used in paint

POLONIUM 210
Radioactive

BENZENE
Used in gasoline

AMMONIA
Found in household cleaners

ARSENIC
Used in pesticides

HYDROGEN CYANIDE
Used in chemical weapons