

What are you breathing?

Tobacco Smoke contains a deadly mix of more than 7,000 chemicals.¹

Cancer-causing Chemicals

Formaldehyde

Used to embalm dead bodies

Benzene

Found in gasoline

Polonium 210

Radioactive and very toxic

Vinyl chloride

Used to make pipes



Toxic Metals

Chromium

Used to make steel

Arsenic

Used in pesticides

Lead

Once used in paint

Cadmium

Used in making batteries



Poison Gases

Carbon monoxide

Found in car exhaust

Hydrogen cyanide

Used in chemical weapons

Ammonia

Used in household cleaners

Butane

Used in lighter fluid

Toluene

Found in paint thinners



Bibliography

¹ U.S. Department of Health and Human Services. *A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means To You*. Atlanta, GA: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. 2010.

² U.S. Surgeon General Richard H. Carmona, Remarks at press conference for publication of *Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Washington, D.C. June 27, 2006. (<http://www.surgeongeneral.gov/news/speeches/06272006a.html>)

³ U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. 2006.

⁴ U.S. Department of Health and Human Services. *The Health Consequences of Smoking - 50 Years of Progress: A Report of the Surgeon General*. Atlanta, GA: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. 2014.

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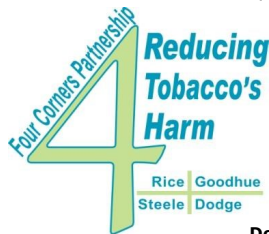
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This brochure is funded by a Tobacco-Free Communities Grant from the Minnesota Department of Health and by a grant from ClearWay Minnesota.



Dodge County Public Health
Goodhue County Health and Human Services
Rice County Public Health Nursing Service
Steele County Public Health Nursing

Secondhand Smoke

It hurts you.

It doesn't take much.

It doesn't take long.



Important facts you should know about
Secondhand Smoke
and your health.

Secondhand Smoke

Tobacco smoke contains a deadly mix of **more than 7,000 chemicals**, including hundreds that are toxic. About 70 of these chemicals can cause cancer.^{1,3,4}



Over 7,000 chemicals in every puff.

The science is clear: secondhand smoke is not a mere annoyance, but a serious health hazard that causes premature death and disease in children and nonsmoking adults.²

Secondhand Smoke Causes Heart Disease

Breathing secondhand smoke can have immediate adverse effects on your blood and blood vessels, increasing the risk of heart attack.^{1,3,4} Exposure to secondhand smoke increases the risk of **heart disease** in nonsmokers by 25 to 30 per cent.³



Each year, nearly 42,000 nonsmokers die from disease caused by secondhand smoke.⁴

Secondhand Smoke Causes Stroke

Exposure to secondhand smoke increases a nonsmoker's risk for **stroke** by 20 to 30 per cent.⁴

Secondhand Smoke Causes Lung Cancer

Nonsmokers exposed to secondhand smoke increase their risk of developing **lung cancer** by 20 to 30 per cent.³

Science has proven there is NO risk-free level of exposure to secondhand smoke.²

Secondhand Smoke Harms Children

Secondhand smoke can cause serious health problems in children.^{3,4}

- Babies have weaker lungs and more infections.
- Causes bronchitis and pneumonia in infants and young children.
- Causes cough, wheeze and breathlessness among school-aged children.
- Children with asthma have more frequent and more severe asthma attacks.
- Increased risk for ear infections that require surgery.



Secondhand smoke is a known cause of sudden infant death syndrome (SIDS).^{3,4}