

What are you breathing?



Ammonia

Arsenic

Benzene

Lead

Chromium VI

DDT

Formaldehyde

Hydrogen Cyanide

Carbon Monoxide

...and many more toxic and cancer causing chemicals are found in secondhand smoke.⁴

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For more information about *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*, including Fact Sheets and a full color booklet "Secondhand Smoke - What It Means To You", visit the Surgeon General's Web site: www.cdc.gov/tobacco/sgr/sgr_2006

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Goodhue County
Public Health Service

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.

A message about your health from:

Goodhue County
Public Health Service
512 West 6th Street
Red Wing, MN 55066
Phone: 651-385-6100

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Secondhand Smoke

We all share the air. If you share the air with someone who is smoking, you are breathing secondhand smoke.

Tobacco smoke contains over 4,000 chemicals, including at least 250 toxic chemicals.¹ Eleven of these chemicals are known to cause cancer in humans.²



Over 4,000 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."

Richard H. Carmona, M.D.
U. S. Surgeon General ³

What is the risk to your health?

Nonsmokers who are exposed to secondhand smoke increase their risk of developing **lung cancer** by 20 to 30 per cent.⁵ Every year about 3,000 nonsmokers die from lung cancer caused by exposure to secondhand smoke.⁶



Last year, 49,000 nonsmokers died from secondhand smoke.⁶

Exposure to secondhand smoke increases the risk of **heart disease** in nonsmokers by 25 to 30 per cent.⁵ Every year, about 46,000 nonsmokers die from heart disease caused by exposure to secondhand smoke.⁶

Is there any safe amount of secondhand smoke?

"Science has proven there is NO risk-free level of exposure to secondhand smoke."³

Are Minnesota's workplaces healthier now?

Minnesota's smoke-free law, the Freedom to Breathe Act, took effect on October 1, 2007. The first study to measure the health impact of the law was released in March 2008.⁸ The participants were all nonsmokers who work in bars, restaurants or bowling alleys where people used to smoke.

The study measured the levels of tobacco-specific substances in the workers' bodies. Urine samples were tested prior to October 1, 2007, and again four to six weeks after the smoke-free law took effect. The study concludes that Minnesota's smoke-free law has had a significant impact in reducing exposure and absorption of cancer causing chemicals and nicotine in hospitality workers.

