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Protect the health of your children and relatives by keeping your home smoke-free. If guests or household members must smoke, ask them to take it outside. If smoking must take place in the house, designate a smoking room with working windows that is away from the living area and children's rooms.

Make sure that your child's school, babysitter, or daycare is smoke-free.

Take care of your family and friends by not allowing smoking in the car.

Approach your tribal council about passing policies to make tribal buildings smoke-free.

Request non-smoking hotel rooms when you travel.

Support smoke-free casinos by choosing non-smoking gaming areas.

Talk about the dangers of secondhand smoke with your relatives and ask them not to smoke around your children.

Encourage your employer to pass a smoke-free workplace law.

Choose non-smoking restaurants and thank them for providing clean air. Or tell the manager at your favorite restaurant you'd like them to go smoke-free.

Find a respectful way to talk with your elders about the dangers of secondhand smoke.

Collaborate with tribal or community tobacco prevention programs to address secondhand smoke in your community.



Tobacco Facts

Secondhand Smoke

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Secondhand smoke (SHS), known also as environmental tobacco smoke (ETS), is both the smoke given off by the burning end of cigarettes, cigars, or pipes and the smoke exhaled from the lungs of smokers that is inhaled by nonsmokers.¹

Secondhand smoke contains a complex mixture of more than 4,000 chemicals, more than 50 of which are cancer-causing agents (carcinogens).^{2,3}

Secondhand smoke is classified as a Group A carcinogen, which means it causes cancer in humans.⁴

Children and adolescents with at least one smoking parent have a 25 to 40% increased risk of chronic respiratory symptoms such as cough, wheeze and breathlessness.⁵

Secondhand smoke is estimated to cause 3,000 lung cancer deaths in nonsmokers each year.⁴

Exposure to secondhand smoke has been linked to an increased risk for Sudden Infant Death Syndrome.⁶

Approximately 53,000 non-smoking Americans die from secondhand smoke each year.⁷

Sources:

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2. National Cancer Institute. Health Effects of Exposure to Environment Tobacco Smoke. Smoking and Tobacco Control Monograph No. 10 (PDF - 71k). Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute; 1999.
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6. California EPA. Health Effects of Exposure to Environmental Tobacco Smoke. 1997.
7. Journal of the American Medical Association, 1998.



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For more information, call 503.228.4185 or visit the website: www.tobaccoprevention.net. Funded by CDC, grant # U1A/CCU019209-05.