

Health Effects

There is no safe level of exposure to secondhand smoke or aerosol. Even those who do not smoke are at a higher risk of health problems, including but not limited to:

- Increased inflammation
- Respiratory effects
- Coronary heart disease
- Stroke
- Lung Cancer
- Premature death

Secondhand Smoke in Women

Women may experience additional risks when pregnant — such as reproductive health issues, including low birth weight and other complications.

DID YOU KNOW...

Secondhand smoke causes more than 7,300 lung cancer deaths to non-smokers each year in the United States. There is no risk-free level of exposure to secondhand smoke.

7,300

You Can Protect Yourself & Your Loved Ones

Did you know that those who smoke, vape, chew or use nicotine pouches can receive **FREE** help to fit their needs?

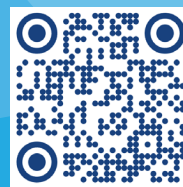
The South Dakota QuitLine offers **phone coaching**, a do-it-yourself-style **Kickstart Kit** and a **Quit Guide** to help users quit for good.

Want to learn more?

VISIT SDQuitLine.com

CALL 1-866-SD-QUITS (1-866-737-8487)

SOUTH DAKOTA
QUIT
LINE



Sources of Information:
QuitTobaccoSD 2024, CDC 2024, VCA Animal Hospitals 2024,
American Lung Association 2024

Paid for by the South Dakota Department of Health.

The Hidden Harm of Secondhand Smoke



SOUTH DAKOTA
QUIT LINE

What is Secondhand Smoke?

Secondhand smoke is made up of the smoke or aerosol that is emitted from lit or active tobacco products (including cigarettes, cigars, pipes and vape devices). Additionally, the air exhaled during tobacco or nicotine use is also considered secondhand smoke.

PROTECT
YOUR PETS

Fur is No Forcefield

Pets aren't safe from the harm of second-hand smoke either! Your pets spend most of their time at home. They can't speak up to protect themselves, so keep them in mind and their space smoke-free. Treat your best friend to their favorite bone or treat — not avoidable health issues.

PROTECT
YOUR KIDS

Tiny Lungs. Big Risk.

Kids have no control over their environment and what people choose to do around them. The health of your children is your responsibility. Clear the air around them to protect them from risks caused by secondhand smoke, including:

- Acute respiratory infections
- Sudden infant death syndrome (SIDS)
- Frequent ear infections
- Respiratory infections
- Potentially deadly asthma attacks

TIP: If you haven't quit yet, make an effort to smoke or vape outside and far away from any children.

BONUS:

What is thirdhand smoke?

Just because the smoke and vape clouds clear, that doesn't mean that the toxins have disappeared. Toxins stick around on furniture, toys, surfaces, walls, clothing and more.

DOGS

Dogs may experience more eye infections, be prone to more allergies, end up with more respiratory issues and have a higher chance of developing a variety of cancers.

CATS

Your feline friends are at a higher risk of developing asthma, lung cancer and more.

OTHER PETS

Other pets — including birds, hedgehogs and other small animals — are especially vulnerable to respiratory issues.

The Truth About Thirdhand Effects

When cats and dogs groom themselves with their tongues, they are ingesting the chemicals and toxins left behind on their fur due to secondhand and thirdhand smoke.