

3 Myths About Secondhand Smoke

What is it?

Secondhand smoke is made up of the smoke or aerosol that emits from tobacco products (including cigarettes, cigars, pipes and vape devices) as well as the air exhaled by a tobacco user.

MYTH
#1



Secondhand smoke isn't that bad.

THE
FACTS



The dangers do not stop with the inhale. Secondhand smoke directly from the tobacco product and from the user's exhale contains thousands of chemicals with at least 69 carcinogens known to cause cancer, stroke, heart problems and other deadly diseases — **even in nonsmokers.**

MYTH
#2



Opening a window eliminates secondhand smoke.

THE
FACTS



Even with ventilation from windows or fans, enclosed spaces like rooms and cars can become a toxic chamber for secondhand smoke, reaching dangerous levels in just seconds. Additionally, thirdhand smoke settles on furniture, fabrics and more, causing children, pets and everyone else in the space to be at risk of touching or ingesting these chemicals that cause major health problems like cancers and respiratory infections.

MYTH
#3



It takes extended exposure for it to cause harm.

THE
FACTS



Secondhand smoke effects can be immediate. Even short-term exposure can stress your cardiovascular system, cause inflammation and decrease lung function. Those with existing conditions are especially vulnerable.

Interested in **free ways** to quit smoking, vaping, chewing or using nicotine pouches?

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SDQuitLine.com

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

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Sources: CDC, National Cancer Institute, Nationwide Children's Hospital, Campaign for Tobacco-Free Kids, National Center for Health Research, American Cancer Society

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