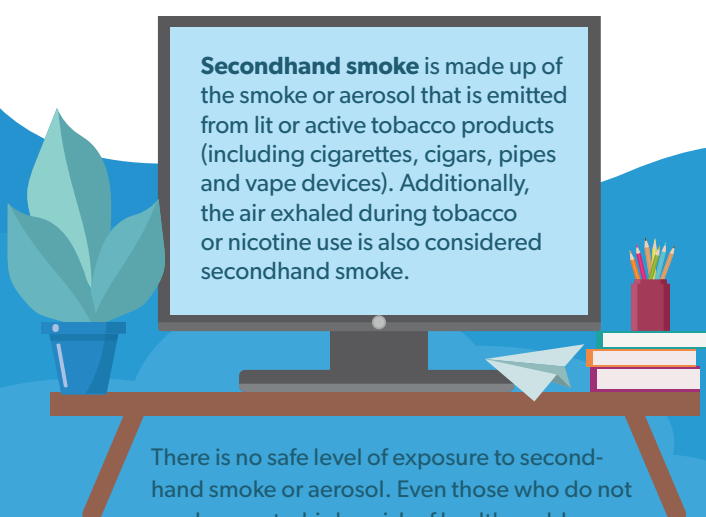


Health Shouldn't Go Up in Smoke



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.

There is no safe level of exposure to second-hand 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



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3 Tobacco Truths

Secondhand Smoke

MYTH
#1



Secondhand clouds from e-cigarettes and vaping are safe.

THE
FACTS



Despite being marketed as safer, aerosol from e-cigarettes and other vape devices contains hundreds of ultrafine, toxic particles and chemicals, affecting lung function and more — especially in those with existing conditions and other vulnerable populations. This means that vaping and secondhand aerosol are just as dangerous to everyone as smoking.

MYTH
#2



Children and pets aren't as affected as the user.

THE
FACTS



Children are more vulnerable than adults to the effects of tobacco, including secondhand smoke. Exposure can increase the risk of asthma, ear infections, sudden infant death syndrome (SIDS) and bronchitis. Plus, pets breathe in smoke and chemicals just as humans do and often groom themselves, ingesting harmful particles off their fur.

MYTH
#3



Air purifiers and filters eliminate the effects of secondhand smoke.

THE
FACTS



Whether you smoke or vape inside or out, air purifiers and filters will not protect you or your household from secondhand or thirdhand smoke. Most air purifiers aren't designed to filter out the many toxic components of smoke and aerosol. They might reduce odors or large particles, but many dangerous gases and small particulates remain.