

## What is Second-Hand Smoke?



Cigarette smoke is not only dangerous to you but also to the health of those around you. This is called “second-hand” smoke. Research has shown that second-hand smoke causes thousands of deaths each year in non-smokers. Secondhand smoke can also cause eye irritation, headaches, nausea, and dizziness.

The lungs of young children are also affected by secondhand smoke. Babies and children living in a home where there is smoking tend to have more ear infections, colds, bronchitis, and other respiratory problems than children from nonsmoking families. Smoking while pregnant is associated with low birth weight infants and Sudden Infant Death Syndrome. (SIDS).

There was a new warning from the U.S. Centers for Disease Control (CDC) in April 2004, which stated that people at risk for heart disease should stay away from tobacco smoke. Secondhand smoke can significantly increase the risk of a heart attack in persons with Coronary Artery Disease. Thirty minutes’ exposure can have a serious and lethal effect.

**IMPORTANT POINT TO REMEMBER**  
**When you smoke, it is dangerous to YOU**  
**and to THOSE AROUND YOU!**

**Who used to  
smoke around you?**

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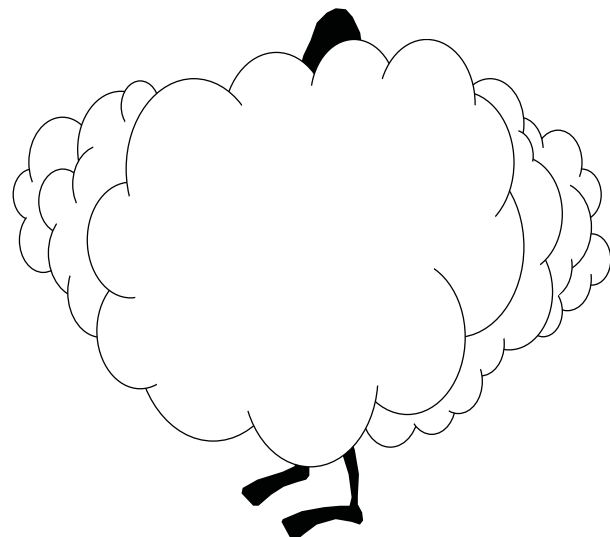
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**What was that like for you?**

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**Who else around you is affected by your  
smoking?**

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