

Secondhand Smoke/Vapor

What is secondhand smoke/vapor?

Secondhand smoke/vapor comes from lit cigarettes, cigars, pipes, and e-cigarettes. It also comes from the smoke/vapor breathed out by a person who smokes or vapes.

Secondhand smoke/vapor contains over 7,000 chemicals that are harmful to breathe in. Making your home smoke/vape free is one of the most important things you can do for the health of your family.

Risks to children:

- Sudden Infant Death Syndrome (SIDS)
- Poor lung development
- Ear infections, colds, bronchitis, and pneumonia in infants and children
- More doctor visits, missed school, and days off work to take care of a sick child
- Asthma attacks, which can be life threatening
- Serious health problems such as lung cancer and heart disease

Ways children are exposed to secondhand smoke/vapor:

- In your home or car
- In public places
- At a caregiver or relative's house
- In parks or playgrounds
- Near entrances to stores and restaurants