



Secondhand Smoke Kills.

The Health Effects of Secondhand Smoke

- There is no safe level of exposure to secondhand smoke
- Secondhand smoke can cause sudden infant death syndrome
- Secondhand smoke causes heart attacks, pneumonia, lung cancer, coronary heart disease, emphysema, acute respiratory infections, ear disease, and asthma
- Secondhand smoke kills approximately 65,000 people annually in the United States
(National Cancer Institute Monograph No 10, Preface)
- Eight people in Illinois die everyday from exposure to secondhand smoke.
(Centers for Disease Control, *State Highlights 2002*)
- Secondhand smoke contains 69 cancer-causing agents and more than 4,000 toxic chemicals, including arsenic, carbon monoxide, and cyanide.
(Campaign for Tobacco-Free Kids)
- Breathing secondhand smoke for even a short time can have immediate adverse effects on the cardiovascular system
- Nonsmokers who are exposed to secondhand smoke at home or at work increase their risk of developing heart disease by 25 - 30 percent.
- Nonsmokers who are exposed to secondhand smoke at home or at work increase their risk of developing lung cancer by 20 - 30 percent.
- One eight hour shift in a smoky workplace is the equivalent of smoking 16 cigarettes
(University of California at Berkeley School of Public Health)

Source

Unless otherwise noted, all facts above from *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A report of the Surgeon General*, 2006.

Join Smoke-Free Illinois.

**If you or your organization would like to join the fight
to make Illinois Smoke-Free, contact us at**

312.279.7378.

www.smokefreeillinois.net