

# SECONDHAND SMOKE

## Why is smoking harmful?

### What is Secondhand Smoke?

When a person smokes near you, you breathe in secondhand smoke. It could be smoke from the burning end of a cigarette. It could be the smoke breathed out by smokers. Whether you are young or old, healthy or sick, secondhand smoke is bad for your health.

### No amount of secondhand smoke is safe.

- **Tobacco smoke contains harmful chemicals.**

People who live around cigarette smoke breathe the same chemicals in smoke that smokers do. These include:

- Deadly poisons
- Dead tissue preservative
- Nail polish remover
- Wood alcohol
- Torch fuel
- House cleaner

- **Family members who live with smokers** may breathe as much secondhand smoke in one day as they would if they smoked 1-2 cigarettes themselves.

- **Over 3,000 non-smokers die each year** from lung cancer caused by secondhand smoke.

- **Secondhand smoke is very bad for babies and children** because they have small lungs and airways.

- **Smoking takes 8 years off the life** of the smoker and causes many types of health problems.



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# Why is Smoking Harmful?

## Quit Smoking

This is the most important thing that you can do for yourself and your family.

- Talk to your doctor or his/her staff about quitting.
- Use medications for quitting, such as the nicotine patch.
- Get group, in-person, or phone counseling.

## Tips to Quit

- Think about past quit attempts. What worked and what did not?
- Ask friends, family and friends at work to support you.
- Plan to do something you enjoy every day
  - This will keep your mind off smoking
  - Reward yourself
- Avoid people and places that will tempt you to smoke.

If you cannot quit now there are ways to keep smoke away from others:

- Smoke outside your home.
- Do not allow anyone else to smoke in your home – direct them outside.
- Wear a smoking jacket and leave it outside. The smoking jacket will shield your clothes from the smoke.

### To avoid secondhand smoke:

- Ask family and friends to smoke outside.
- Don't let people smoke in your car.
- If your family members are smokers, ask them to think about quitting.

## California Smokers Helpline

Looking for help to stop smoking? The Smokers' Helpline can help you quit. This service is free! Call them at **1-800-662-8887**.

**Talk to your doctor or nurse if you have any questions or concerns.**

## You don't have to do this alone!

To find out more about how to quit smoking call Alliance Health Programs at **510-747-4577**.

Toll-free: 1-877-932-2738

(CRS/TTY: 711 or 1-800-735-2929)

Monday–Friday, 8 a.m. –5 p.m.

**[www.alamedaalliance.org](http://www.alamedaalliance.org)**

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