



Facts about Second-Hand Smoke

Did you know?

- Second-hand smoke is the smoke that comes from the tip of a burning cigarette, cigar and pipe or when a smoker exhales. (5)
- Second-hand smoke contains over 4000 chemicals including: (3)
 - Carbon monoxide - *the deadly gas that comes out of your car's tail pipe,*
 - Formaldehyde - *a chemical used to preserve dead animals,*
 - Arsenic - *a chemical used to kill bugs and weeds,*
 - Ammonia - *a chemical used to clean dirty floors and toilets,*
 - Cyanide - *a gas used in warfare,*
 - 50 chemicals that are known to cause cancer (4)
- Doctors say second-hand smoke kills as many as 3,000 Canadians each year. (2)
- Non-smoking food service workers are 50% more likely to develop lung cancer than other non-smokers. (7)
- Asthma is the leading cause of hospitalization in Ontario's children and is made worse by second-hand smoke. (8)

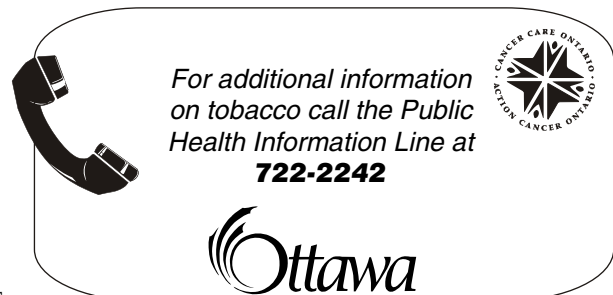
How does second-hand smoke affect myself and others?

Exposure to second-hand smoke puts everyone at risk, particularly children who breathe more rapidly than adults. When exposed to second-hand smoke people:

- may experience headaches; and eye, nose and throat irritation. (1)
- are at greater risk of chronic respiratory illnesses, including asthma, pneumonia and bronchitis. (4)
- can experience more colds and chronic middle ear infections. (6)
- are more likely to have low birth weight babies. (9) (10)
- may increase their chance of getting lung cancer by 30%. (2)
- can increase their risk of dying from a heart attack. (2)

What can you do about second-hand smoke?

- Show your support for smoke-free public places.
- Do not allow yourself or others to smoke around pregnant women, infants and children.
- Make your home and car smoke-free.
- Avoid locations where smoking is permitted.
- Ask your favorite restaurants to go smoke-free.
- Encourage your local politicians to support by-laws for smoke free public places.



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Protect yourself and others from second-hand smoke!

(1) Canadian Cancer Society - Where there's smoke (2) The Dangers of Second-Hand Smoke - National Clearinghouse on Tobacco and Health - January 1999 (3) Second-Hand Smoke: What's In It? - National Clearinghouse on Tobacco and Health - January 1999 (4) Passive Smoke: Nowhere to Hide - Health Canada (5) Smoking and Indoor Air Quality - Health Canada (6) Protecting Yourself and Your Family from Second-Hand Smoke - American Lung Association (7) Michael Siegel, MD MPH, "Involuntary Smoking in the Restaurant Workplace: A Review of Employee Exposure and Health Effects (1992) 270 Journal of the American Medical Association (4) 490-493 (8) Ontario Ministry of Health and Long-Term Care, May 17, 2000 - Asthma Information Package (9) U. S. Department of Health and Human Services, Office for Substance Abuse Prevention, Maryland, 1990. Pp. 20-24 (10) A Report of the Surgeon General 1986, p.p. 106-107