

SECONDHAND SMOKE

is the tobacco smoke exhaled by a smoker or from a burning tobacco product.



Secondhand smoke contains thousands of **chemicals**, at least 69 are known to cause **cancer**.



There is no safe level of **exposure** to secondhand smoke.



Brief exposure to secondhand smoke causes **damage** that is known to cause illness and **cancer**.



Using ventilation systems, or opening a window does not eliminate the **harmful effects** of secondhand smoke.



Children exposed to secondhand smoke are a higher risk for **health issues**.



Pets that breathe secondhand smoke are more likely to develop **cancer**.

IF YOU SMOKE: Protect your family, friends and coworkers by keeping your home and car smoke-free.

BREATHE EASY

REDUCING SMOKE EXPOSURE IN MAINE



MAINE
PREVENTION
SERVICES

Maine Center for Disease Control & Prevention
Department of Health and Human Services

Learn more at: BreatheEasyMaine.org