




# THE DANGERS OF SECONDHAND SMOKE




## AND HOW TO ADVOCATE FOR YOUR OWN HEALTH

### HARMFUL EFFECTS OF SECONDHAND SMOKE

- Secondhand smoke not only contains harmful chemicals from the tobacco in cigarettes, but also from the soil, paper, and other ingredients
- Smoke from cigarettes contains 250+ toxic chemicals 
- These chemicals can cause health problems such as asthma, lung infections, cancer, and many more

### HOW YOU CAN ADVOCATE FOR YOUR HEALTH

- Encourage those who smoke to smoke outdoors away from entrances and windows
- Encourage those who smoke to never smoke indoors or cars
- If you have friends or relatives that smoke, tell them you prefer they don't smoke around you and that your home is smoke-free 
- At restaurants, hotels, and businesses, choose smoke-free

If you'd like additional resources on secondhand smoke, how to protect yourself, and how to help others please visit the websites below

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)  
[www.smokefree.gov](http://www.smokefree.gov)  
[www.becomeanex.org](http://www.becomeanex.org)

For additional health and wellness resources, please visit [www.wellness4ky.org/project-cheer](http://www.wellness4ky.org/project-cheer)