

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](https://www.BreatheEasyMaine.org)

THIRDHAND SMOKE

is the tobacco smoke residue that remains after a tobacco product has been put out.



After smoke clears, **toxins linger**, which may leave an odor.



Thirdhand smoke **contains chemicals** known to cause **cancer**.



Smoke **residue sticks** to clothing, hair and skin.



Lingering toxins resist normal household cleaning.



Thirdhand smoke **builds up** over time on carpets, walls, furniture, plastic toys and stuffed animals.



Infants and children are **more exposed** to thirdhand smoke because they crawl on the floor and put things in their mouths.

IF YOU SMOKE: Protect your family, friends and coworkers, wash your hands and hair and change your clothes before coming into contact with others, especially infants and children.

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