

# BE IN THE KNOW: SECONDHAND SMOKE

## DID YOU KNOW THAT...

- Secondhand smoke (SHS) is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar, and the smoke exhaled from the lungs of smokers.



- Secondhand smoke is not safe.<sup>1</sup> There is no risk-free level of exposure to secondhand smoke.<sup>2</sup>

- Exposure to secondhand smoke can cause disease and premature death in children and adults who do not smoke.<sup>2</sup>

- Even low levels of exposure can harm nonsmokers' health. Separating smokers from nonsmokers, cleaning the air and ventilating buildings cannot eliminate secondhand smoke exposure.<sup>2</sup>



- Tobacco smoke contains more than 7,000 chemical components, and at least 70 of them are known to cause cancer. Nonsmokers who are exposed to secondhand smoke are inhaling many of the same cancer-causing chemicals and poisons as smokers.<sup>3</sup>

- Eliminating smoking in indoor spaces is the only way to fully protect nonsmokers from secondhand smoke exposure.
- Studies have found that smoke-free laws reduce hospital heart attack admissions. Reductions appear to be greater with nonsmokers than among smokers.<sup>3</sup>

<sup>1</sup>California Environmental Protection Agency. Identification of Environmental Tobacco Smoke as a Toxic Air Contaminant. Executive Summary. June 2005.

<sup>2</sup>U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.

<sup>3</sup>U.S. Department of Health and Human Services. How Tobacco Causes Disease: A Report of the Surgeon General. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.



**IF YOU OR SOMEONE YOU KNOW WANTS TO QUIT SMOKING OR DIPPING PLEASE CLICK OR CALL:**



1-800-QUIT-NOW

## About the Tobacco Prevention and Control Branch (TPC)

*The North Carolina Tobacco Prevention and Control Branch works to improve the health of North Carolina residents by promoting smoke-free environments and tobacco-free lifestyles. Our goal is to build capacity of diverse organizations and communities to carry out effective, culturally appropriate strategies to reduce deaths and health problems due to tobacco use and secondhand smoke.*



## About TRU:

TRU is North Carolina's youth-led grassroots movement that has helped bring our state's teen smoking rates to the lowest on record. **TRU stands for Tobacco.Reality.Unfiltered.** Our name says a lot about us. We bring home the reality of tobacco use and are on our way to creating the state's first tobacco-free generation. The TRU movement rallies teens to take a stand against tobacco use and get the message out with activities like working with the media, encouraging local businesses to go tobacco-free or holding "cigarette butts pick-up" events.

To find out more about TRU, please visit: [www.realityunfiltered.com](http://www.realityunfiltered.com)

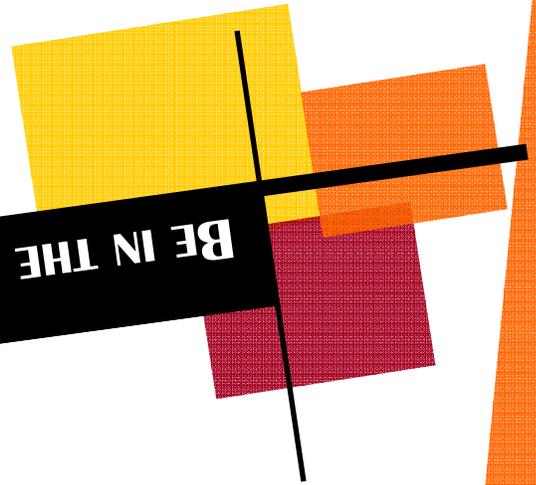


TOBACCO REALITY UNFILTERED  
REALITYUNFILTERED.COM

**TRU IS MAKING A DIFFERENCE.** For more information about **TRU** in your community and how you can get involved, contact me to learn more:



**BE IN THE KNOW: SECONDHAND SMOKE**



**Join the movement**

**WE ARE A  
FORCE OF  
TOBACCO-FREE  
GOODNESS**



**WHAT WILL YOU DO AS A TRU TEEN?**



It's official: teen smoking is now at an all-time low. Across the state, teens are making sweeping changes. And you can help. As a TRU teen you will:

- Encourage others to become tobacco-free,
- Educate your peers,
- Speak to community leaders and decision makers,
- Meet with other teens in your region and across the state, and
- Develop fun, creative activities.

Meet New People

Build  
Your Resume

Express Yourself

Show Your Care



TRU is making a difference. Contact me to learn more:  
CONTACT INFORMATION:  
INSERT COORDINATOR NAME  
INSERT AGENCY NAME and ADDRESS  
INSERT PHONE NUMBER  
INSERT EMAIL ADDRESS

**BE  
LIVE  
TRU**  
GET INVOLVED

**STAY  
TRU**  
SPREAD THE MESSAGE

**BE  
TRU**  
TAKE THE PLEDGE