

WHAT IS SECOND-HAND SMOKE?



Second-hand smoke is...

- Filled with poisons that spread through the air and hurt everyone—smokers and nonsmokers.
- The smoke you breathe in from anyone who is smoking around you.

Health effects

Second-hand smoke causes health problems.

LUNG CANCER AND OTHER CANCERS



HEART DISEASE AND STROKE



RESPIRATORY DISEASE



WARNING



EVERYONE SHOULD AVOID SECOND-HAND SMOKE.



Children



Pregnant women



Elders



Those with heart
and lung problems

Effects on children

Second-hand smoke hurts children more than adults. Children have smaller lungs and breathe faster. Children who breathe second-hand smoke are more likely to suffer from:

- **coughing and wheezing**
- **lung infections – pneumonia, bronchitis**
- **bad asthma attacks**
- **painful ear infections**
- **sudden infant death syndrome (SIDS)**



If a pregnant woman breathes second-hand smoke, her baby may be born with low birth weight, weaker lungs, or too early.

AVOID SECOND-HAND SMOKE



Live smoke-free

If you smoke, quit. Get help.
Talk with a nurse at the health centre.



Make your home smoke-free

Ask friends and family to smoke outside.

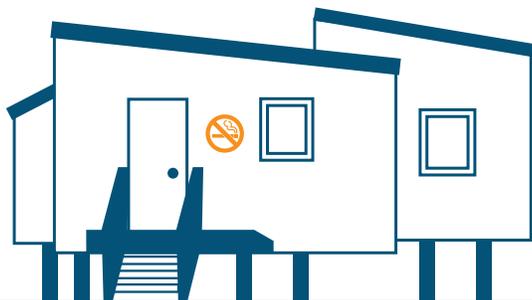
Second-hand smoke cannot be removed with open windows, fans, air cleaners, or if you separate smokers and non-smokers.

Smoke from one cigarette stays in a room for hours. Poisons stay in the air, carpets, curtains, furniture and clothes.

If you MUST smoke ...

- **Take three big steps away from any entrance.**
- **Take 15 big steps away from a school.**

It's the law. And, it's the right thing to do to protect people from second-hand smoke.



Make amautiit smoke-free



Poisons from smoking, stay on amautiit.

Clean your amauti to protect your children.

Make your vehicle smoke-free

Poisons from smoking stick to everything in the vehicle, even long after smoking has stopped.

Clean your vehicle—do not smoke in it again.



References

For a list of references, email tobacco@gov.nu.ca.
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