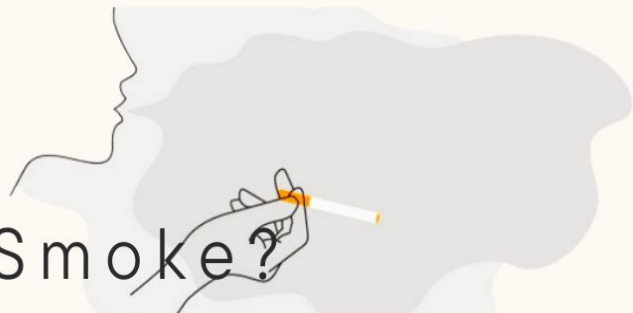


# SECONDHAND SMOKE (SHS)

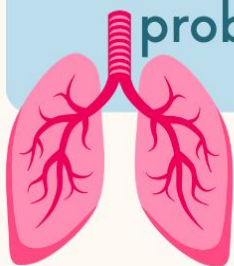


## What is Secondhand Smoke?

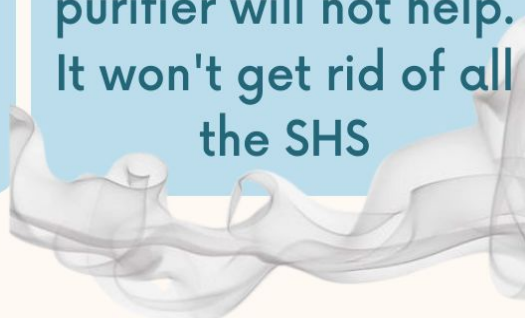
SHS is smoke from burning tobacco products. SHS exposure occurs when people breathe in smoke that is breathed out by people smoking, or from burning tobacco product.

## What are some Health Effects/ Dangers Secondhand smoke can cause?

SHS may cause Heart disease, Stroke, Lung cancer, Frequent/Severe asthma attacks, and other serious health problems



Smoke from a cigarette can stay in a room for hours. Having a window open or an air purifier will not help. It won't get rid of all the SHS



Tobacco smoke contains hundreds of harmful chemicals. You can find some of these chemicals in gasoline, paint thinners, batteries, etc.



## Can I prevent Secondhand smoke?

The best protection is to Quit smoking. Another way is to not smoke or let anyone smoke in your home or car.

