

Secondhand Smoke

BE AWARE IF

*you live with a smoker
and when you're
out in public.*

SECONDHAND SMOKE is filled with gases and particles released into the air from burning tobacco products. It can contain up to 7000 chemicals, 70 of which are known to cause cancer.

WHERE AM I BREATHING IT IN?

- Most exposure occurs in the home and workplace.
- Riding in vehicles with a burning tobacco product.
- More than 126 million nonsmokers are exposed to secondhand smoke in vehicles and other public places.

HOW CAN IT HURT US?

Simply breathing in secondhand smoke can increase a person's risk of developing heart and lung disease by up to 30%.

- **Children** may develop asthma and be at an increased risk for ear & lower respiratory infections and overall decreased lung function.
- **Infants** are at an increased risk for sudden infant death syndrome (SIDS). Secondhand smoke is linked to over 400 SIDS deaths each year.

**COURAGE
TO QUIT**



*Once you have decided
to quit, we can help.*

\$25 Refundable - Registration Required
Call to setup your appointments

815.748.8962

Not ready for a class? Call the Illinois Department of Public Health
Tobacco Quit Line - 866.QUIT.YES (866.784.8937)

**M Northwestern
Medicine**

**DeKalb
County Health Department**
Prevent • Protect • Promote