

SECONDHAND SMOKE HEALTH RISKS

Everyone has the right to breathe smoke-free air in their home.

58 MILLION PEOPLE ARE EXPOSED TO SECONDHAND SMOKE

- Secondhand smoke contains more than 70 substances known to cause cancer and over 7,000 chemicals.
- Secondhand smoke exposure causes thousands of deaths in nonsmokers every year.
- 1 in 3 nonsmokers in rental housing are exposed to secondhand smoke.
- Exposure to secondhand smoke has immediate effects on the cardiovascular system and causes long term health problems like coronary heart disease and lung cancer.
- Children who breathe secondhand smoke are more likely to have lung problems, ear infections, and severe asthma.

SECONDHAND SMOKE CARRIES ACROSS UNITS

- The American Society of Heating, Refrigerating, and Air Conditioning Engineers (ASHRAE) states that no ventilation system can remove all exposure to secondhand smoke, including aerosol from e-cigarettes.
- 30% to 60% of the air leaving an apartment may leak into adjacent apartments, resulting in recycled airflow.
- Eliminating smoking in indoor spaces is the only way to protect nonsmokers from exposure to secondhand smoke.

What about e-cigarettes?

- E-cigarettes are not regulated by the FDA and are not a proven cessation device
- The health effects of e-cigarettes is still unknown
- Fires have started from e-cigarettes charging
- It is harder to enforce a smoke-free policy that allows e-cigarettes

THERE IS NO SAFE LEVEL OF SECONDHAND SMOKE

- Even brief exposure to secondhand smoke is harmful and can trigger respiratory symptoms, including coughing, phlegm build-up, wheezing, and breathlessness.
- Children who breathe secondhand smoke are more likely to have respiratory illnesses such as asthma, pneumonia, and bronchitis.
- Breathing in secondhand smoke at home or work increases the risk of developing heart disease by 25 to 30 percent and increase the chances of getting lung cancer by 20 to 30 percent.

For more information on smoke-free housing visit
www.wismokefreehousing.com

Information for this fact sheet came from:

- Secondhand Smoke: An Unequal Danger: CDC Vital Signs, 2015.
- The Health Consequences of Smoking – 50 Years of Progress; A Report from the Surgeon General, 2014.
- *Ventilation and infiltration in high-rise apartment buildings*. Lawrence Berkeley Laboratory Report, LBL-38103, Berkeley, California, 1996.
- *ASHRAE Position Document on Environmental Tobacco Smoke, 2013 and Addendum "C" for standard 62.1, 2015.*

