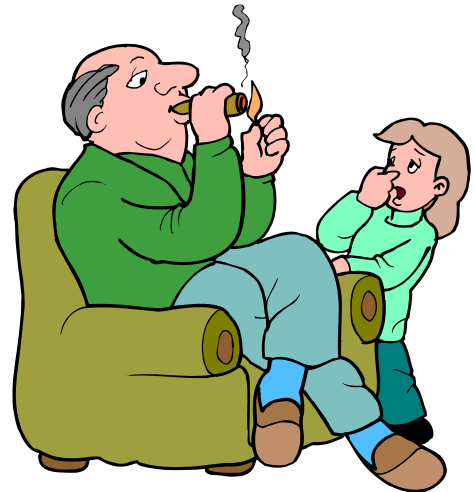


SECOND-HAND SMOKE

Second-hand smoke is the smoke that comes from a burning cigarette, pipe, or cigar. The smoke that comes out of a smoker's mouth is also second-hand smoke. People who don't smoke can get sick from second-hand smoke.

- Second-hand smoke has at least 60 things in it that cause cancer. Poisons like carbon monoxide, tar, arsenic, and lead are in second-hand smoke.
- Second-hand smoke is linked with cervical cancer, breast cancer, and lung cancer.
- It makes people more likely to have cancer in the nasal sinus, lung infections, and heart disease.
- Second-hand smoke is responsible for nearly 3,000 deaths in men, women, and children each year.



Many health problems are related to second-hand smoke. People who breathe second-hand smoke might cough all the time, have pain or wheezing in the chest, trouble breathing, or irritated eyes or nose. If a pregnant woman breathes second-hand smoke, her baby might be small when it's born. "Crib death" (Sudden Infant Death Syndrome or SIDS) can happen when babies breathe second-hand smoke.

—Clear the air of second-hand smoke—

Talk with your loved ones who smoke and encourage them to quit – for your health and theirs.