

# tpcp fact sheet

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## Eight Things You Should Know About Secondhand Smoke

- One of every 8 people that dies of a tobacco related illness is a non-smoker.
- Smoke from the burning end of a cigarette contains over 4,000 chemicals, 40 of them are known to cause cancer.
- Children exposed to secondhand smoke (SHS) have an increased risk of developing respiratory tract infections, ear infections and asthma.
- On average, children in NH make 1,737 Emergency Department visits for asthma related symptoms and 12,523 visits for respiratory tract infections annually.
- In NH about  $\frac{1}{2}$  of Middle School and  $\frac{3}{4}$  of High School students surveyed, report exposure to SHS.
- Smoking in a small space, like a car, produces dangerous levels of secondhand smoke in a short amount of time. Having an open window or running the air conditioner does not clear the air.
- Tobacco smoke leaves behind solid particles on furniture, drapes and carpets. You can keep your children and pets safe from these particles by smoking outside.
- Even if you smoke, you can protect those around you from secondhand smoke.

### The Next Step:

**Three Services for People Who Are Ready to Quit**  
1-800-Try-To-STOP [www.trytostopnh.org](http://www.trytostopnh.org) [www.BecomeAnEX.org](http://www.BecomeAnEX.org)  
1-800-879-8678