


s.s.d.

second-hand smoke diseases



THE MORE YOU KNOW,
THE LESS CHANCE YOU HAVE OF BECOMING
A TARGET.



Whether you're hanging out with friends, relaxing at home, or at a party, chances are that you may be exposed to the dangers of second-hand smoke. That's why you need to know as much as you can to protect yourself, your friends and your family.

Know the facts.

WHAT IS SECOND-HAND SMOKE?

The smoke that is exhaled by a smoker, combined with the smoke released from the end of a burning cigarette.



WHAT MAKES IT SO DANGEROUS?

It's filled with more than 4,000 chemicals, including carbon monoxide, formaldehyde, benzene, oxides of nitrogen, hydrogen, cyanide and 4-aminobiphenyl, a substance so toxic that it has been banned for over 30 years in the workplace.

It contains hydrogen cyanide (a gas that can damage lungs) in proportions that are 160 times higher than what is considered dangerous.

It contains the same toxic chemicals as the smoke inhaled by the smoker.

Opening a window in another room or having air purifiers or ventilation systems can't protect you adequately from second-hand smoke.

Once the cigarette is out, second-hand smoke remains in the environment (your clothes, your hair, the air around you...) and is still toxic.



WHY IS IT BAD FOR MY FRIENDS AND FAMILY?

Exposure to second-hand smoke means that your family and friends are more likely to develop the following second-hand smoke diseases (s.s.d.), some of which are fatal:

- Lung cancer
- Heart disease
- Asthma
- Reduced lung function
- Bronchitis
- Middle ear infections
- Pneumonia
- Croup
- Sore throats





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WHAT CAN I DO?

If you smoke, don't do it around non-smokers, or take it outside. Smoke outside away from open windows and air intakes.

Rolling down your window in a smoke-filled car won't protect you. As a passenger, speak up, protect yourself from s.s.d.

For your sake and the sake of your friends and family, create smoke-free spaces (home, school, work...).

Thank you for taking the time to read this brochure. Please pass it on to someone you care about.

SOME TOBACCO COMPANIES SAY SECOND-HAND SMOKE BOTHERS PEOPLE. HEALTH CANADA SAYS IT KILLS.

ARE YOU A TARGET?

1-800 0-Canada (1 800 622-6232) TTY: 1 800 465-7735 www.GoSmokefree.ca



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