



Name _____ Class _____ Date _____



What's the Problem?



Secondhand smoke is a complex mixture of gases and particles found in smoke from a burning cigarette, cigar, or pipe tip and the smoke exhaled by a smoker. It includes at least **250 chemicals** that are known to be **toxic**, including more than **50** which cause **cancer**.

Secondhand smoke exposure causes **heart disease** and **lung cancer** in **nonsmoking** adults.

Who's at Risk?

People are exposed to secondhand smoke in homes, vehicles, workplaces, and in public places such as restaurants. However, **homes and workplaces** are the **predominant locations** for secondhand smoke exposure.

There is no risk-free level of exposure to secondhand smoke, even brief exposures can be dangerous.



PREVIEW

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Can Secondhand Smoke be Prevented?

Yes, the dangers from secondhand smoke can be eliminated through **100% smoke-free environments**. Opening a window, using a fan, ventilation, air conditioning, or sitting in a separate area cannot completely eliminate secondhand smoke exposure.

To protect yourself and your loved ones:

- Make your home and car smoke-free.
- Ask family members, friends and guests who smoke to do so outdoors.
- Choose restaurants and other businesses that are smoke-free.





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What's the problem with secondhand smoke?



Who's at Risk?



PREVIEW

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To protect yourself and your loved ones, you must:

- _____
- _____
- _____