

THE
FACTS

Second-hand smoke

 butt out
boondah



What is second-hand smoke?

Second-hand smoke is the smoke that fills the air when people burn tobacco products, such as cigarettes, cigars, or pipes.

There are two types of second-hand smoke:

- ▶ Side-stream smoke - smoke released from the tip of the cigarette
- ▶ Mainstream smoke - smoke breathed out by the smoker.

Second-hand smoke harms us, our children, and our people

- ▶ Second-hand smoke contains the same toxic chemicals that smokers inhale
- ▶ There is no risk-free level of second-hand smoke exposure; even brief exposure can be harmful to health.

What you can do

You can protect yourself and your people from second-hand smoke by:

- ▶ Quitting smoking if you are not already a non-smoker
- ▶ Not allowing anyone to smoke inside or outside your home
- ▶ Not allowing anyone to smoke in your car, even with the windows down
- ▶ Having a yarn with others about the effects of second-hand smoke.

Health effects in children

In children, second-hand smoke can cause:

- ▶ Ear infections
- ▶ More frequent and severe asthma attacks
- ▶ Respiratory infections (bronchitis and pneumonia)
- ▶ Greater risk for sudden infant death syndrome (SIDS).

When quitting smoking gets tough, remember that you are improving the health of your family and friends, as well as your own.

Health effects in adults

In adults who have never smoked, second-hand smoke can cause a range of health problems, including:

- ▶ Heart disease
- ▶ Lung disease (emphysema/COPD)
- ▶ Lung cancer
- ▶ Breast cancer
- ▶ Stroke.

Keen to butt out your boondah? Contact us to learn more about our support programs:

Email: tis@gph.org.au | **Call:** [02] 6298 2900

Website: <https://bit.ly/ButtOutBoondah> | **Facebook:** <https://www.facebook.com/GPHTIS>