

Second-hand smoke: Get the facts

Second-hand smoke is the air you breathe when you are near someone who is smoking.

It can be the smoke coming from a lit cigarette or the smoke exhaled by the person smoking.



There is no safe level of second-hand smoke: it is harmful even at low levels, including in outdoor areas.

It contains more than **7000 chemicals** (including many that are toxic and can cause cancer).

It **can make you sick** and some of the diseases it causes can kill you.

It is **most dangerous for children and young people** as they have smaller airways and weaker immune systems.

It can cause **slower lung growth, and breathing problems** such as bronchitis, pneumonia and asthma.

For adults, it can increase the risk of heart disease, lung cancer and lung diseases and make other illnesses such as asthma and bronchitis worse.

For ex-smokers, breathing second-hand smoke increases their chance of smoking again.

You have a right to clean air.

Find out more about how the City of Albany is protecting the community from second-hand smoke:

<https://www.albany.wa.gov.au/services/environmental-health/smoke-free.aspx>



Supported by the WA Country Health Service

Reference: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm