

When you're on the go, you can still protect your family from secondhand smoke:

1. Make sure caretakers like nannies, babysitters, and day care staff do not smoke.



2. Eat at smokefree restaurants.

3. Avoid indoor public places that allow smoking.



4. Teach your children to stay away from secondhand smoke.

5. Wash hands after touching surfaces.



The Hidden Dangers of **SECOND AND THIRDHAND SMOKE**

For more information,
Good Health & Wellness
in Indian Country Program,

(406) 252-2550

<https://www.rmtlc.org/ghwic/>

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Commercial Tobacco Quit Line
1-855-5AI-QUIT
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Health & Environmental impact of using commercial tobacco

The diseases caused by commercial tobacco use remain the leading causes of death for American Indians. Commercial tobacco use leads to addiction, cardiovascular disease, several types of cancer, and complicates serious health conditions such as diabetes, asthma and mental illness. Using commercial tobacco is not only harmful to your health, it also affects the environment.

Passive smoking

The inhalation of passive commercial tobacco smoke is called secondhand smoke or environmental tobacco smoke by persons other than the intended “active” smoker. It occurs when tobacco smoke enters an environment, causing its inhalation by people within that environment.

- Firsthand smoking and secondhand smoking both cause serious health effects.
- While directly smoking is worse, the two have similar adverse health effects.
- Secondhand smoke is also called side-stream smoke.



What is the difference between 1st, 2nd, and 3rd hands smoke?

- First-hand smoke refers to smoke inhaled by an active smoker.
- Secondhand smoke is smoke and/or other substances that are inhaled by others in the proximity of an active smoker.
- Thirdhand smoke, also known as fomites, is the residue left on objects from smoke over time.



How does it affect your family and pets?

Third-hand smoke lands and stays on nearly every surface in the area where someone has been smoking, including on skin, hair, clothing, furniture, and flooring. This means babies and children are still exposed to the harmful toxins from commercial tobacco cigarettes, even after adults have finished their cigarettes.

For adults who do not smoke, secondhand smoke exposure can cause coronary heart disease, stroke, lung cancer, and other diseases.



Reproductive health
effects in women, including low birth weight

Premature death
cause of secondhand smoking

