



What is secondhand smoke?

The smoke from the burning end of a cigarette, cigar, or other combustible tobacco product. Secondhand smoke is also smoke exhaled by a smoker.

Is it safe?

There is no safe level of exposure. Exposure can lead to higher risk of asthma, bronchitis, heart disease and lung cancer.

What about electronic smoking devices (ESD)?

ESD produce an aerosol, not a harmless water vapor. ESD aerosol can contain toxins and particles that are inhaled into the lungs.

How do I protect myself and loved ones?

Create a smokefree environment. Make your home and vehicle smokefree.

Source: American Lung Association

What is thirdhand smoke?

A mix of nicotine and other chemicals from tobacco smoke left on surfaces long after smoking has stopped.

Where do I find it?

Thirdhand smoke sticks to hair, skin, clothes, furniture, walls, blankets, carpet, car interiors and other surfaces. It can't be removed by normal cleaning.

Is it safe?

Children and nonsmoking adults are at risk for tobacco-related health problems when they inhale, swallow or touch substances with thirdhand smoke.

How do I protect myself and loved ones?

Creating a smokefree environment is a great start. Because thirdhand smoke clings to surfaces after smoking, encourage friends and family to quit tobacco to prevent exposure.

If you or someone you know wants to quit tobacco, call Nebraska Tobacco Quitline for **FREE** help.



Nebraska

11225 Davenport St, Suite 101, Omaha, NE 65154

Lung HelpLine 1-800-LUNGUSA | Lung.org



1-800-QUIT-NOW
(1-800-784-8669)

www.QuitNow.ne.gov



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