

# WHAT'S IN IT FOR YOU?

## 1ST HAND SMOKE



**WHAT IS  
INHALED DIRECTLY  
INTO THE LUNGS  
BY THE PERSON  
SMOKING/VAPING**

**Tobacco is the leading cause of preventable diseases in the United States.**

- **40 million** U.S. adults smoke cigarettes
- **4.7 million** middle and high school age youth use at **least 1 tobacco product.**

*Contains: Ultra-fine particles and nicotine that settles deep into the lungs.*

**Second hand smoke exposure has increased dramatically over the last 2 years.**

- **67%** Second hand vape exposure
- **86%** Marijuana exposure

*Contains:*

*More than 7,000 chemicals including Butane (lighter fluid), Ammonia (cleaner) and Toluene (paint).*

**Increases the risk of:**

- Heart disease
- Heart attacks
- Lung cancer
- Infertility
- Strokes
- Sudden Infant Death (SIDS)



## 2ND HAND SMOKE

**SMOKE EXHALED BY  
THE USER AND/OR  
RELEASED BY THE  
BURNING TOBACCO  
OR VAPE PRODUCT**

## 3RD HAND SMOKE



**THE RESIDUE OF  
NICOTINE & OTHER  
CHEMICAL SUBSTANCES  
LEFT ON SURFACES  
INCLUDING CLOTHES,  
FURNITURE, WALLS,  
TOYS AND MORE.**

**Thirdhand smoke can be inhaled or absorbed through the mouth lungs or skin.**

**Vape products produce an aerosol that mimics smoke**

*Contains:*

*At least 10 chemicals identified by California's Prop 65 that cause cancer.*

*Nicotine, THC, Carbon Monoxide, Benzene (gasoline), Formaldehyde, Hydrogen Cyanide (chemical weapons), and much more.*

**Residue can:**

React with other pollutants creating harmful chemicals, compounds and cancer-causing agents.

### SOURCES

- National Environmental Health Association. Third Hand Smoke. The Hidden Hazard of Third Hand Smoke <https://www.neha.org/eh-topics/air-quality-0/third-hand-smoke>
- American Nonsmokers' Rights Foundation. 2021. Electronic Smoking Devices and Secondhand Aerosol. <https://no-smoke.org/electronic-smoking-devices-secondhand-aerosol/>
- National Cancer Institute. 2018. Tobacco. <https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/second-hand-smoke-fact-sheet>

- Tobacco Free CA. 2021. Secondhand Dangers. <https://tobaccofreeca.com/secondhand-dangers/#smokefree-policies>
- Taylor Hays. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/third-hand-smoke/faq-20057791>
- CDC. (2020). Health Effects of Secondhand Smoke. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/health\\_effects/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm)
- Thirdhand Smoke Resource Center. 2021. <https://thirdhandsmoke.org/resources/infographics-and-fact-sheets/>