

WHAT IS SECOND-HAND SMOKE?



Second-hand smoke is...

- Filled with poisons that spread through the air and hurt everyone—smokers and non-smokers.
- The smoke you breathe in from anyone who is smoking around you.

Health effects

Second-hand smoke causes health problems.

LUNG CANCER AND OTHER CANCERS



HEART DISEASE AND STROKE



RESPIRATORY DISEASE



WARNING



EVERYONE SHOULD AVOID SECOND-HAND SMOKE.



Children



Pregnant women



Elders



Those with heart
and lung problems

Effects on children

Second-hand smoke hurts children more than adults. Children have smaller lungs and breathe faster. Children who breathe second-hand smoke are more likely to suffer from:

- **coughing and wheezing**
- **lung infections – pneumonia, bronchitis**
- **bad asthma attacks**
- **painful ear infections**
- **sudden infant death syndrome (SIDS)**



If a pregnant woman breathes second-hand smoke, her baby may be born with low birth weight, weaker lungs, or too early.

**NUNAVUT
TOBACCO
REDUCTION
PROGRAM**

AVOID SECOND-HAND SMOKE



Live smoke-free

If you smoke, quit. Get help.
Talk with a nurse at the health centre.



Make your home smoke-free

Ask friends and family to smoke outside.

Second-hand smoke cannot be removed with open windows, fans, air cleaners, or if you separate smokers and non-smokers.

Smoke from one cigarette stays in a room for hours. Poisons stay in the air, carpets, curtains, furniture and clothes.

If you MUST smoke ...

The properties of the following places are smoke-free: schools, health centres, playgrounds and daycares.

The buffer zone around most work places and public places where goods and services are provided has increased from three to nine meters.

It is the law. And, it is the right thing to do to protect people from second-hand smoke.



Make amautiit smoke-free



Poisons from smoking, stay on amautiit.

Clean your amauti to protect your children.

Make your vehicle smoke-free

Poisons from smoking stick to everything in the vehicle, even long after smoking has stopped.

Clean your vehicle—do not smoke in it again.



References

For a list of references, email tobacco@gov.nu.ca.
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