

STAYING HEALTHY

# Effects of Secondhand Smoke

**Secondhand smoke** is the result of burning a tobacco product or the smoke exhaled from the lungs of smokers.

**It lingers in the air for hours.**

**Secondhand smoke can cause or worsen a wide range of adverse health effects, including cancer, respiratory infections, and asthma in adults and children.**

In the United States, **21 million children** live in homes where residents smoke on a regular basis.

**Secondhand smoke results in up to 15,000 hospitalizations each year.**

**Quitting smoking is one of the best decisions you can make for your health and for the health of those around you.**

**Source:** The Health Consequences of Smoking - 50 Years of Progress. A Report of the Surgeon General, 2014.



For more information, visit  
[optimahealth.com/quitsmoking](https://optimahealth.com/quitsmoking)

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