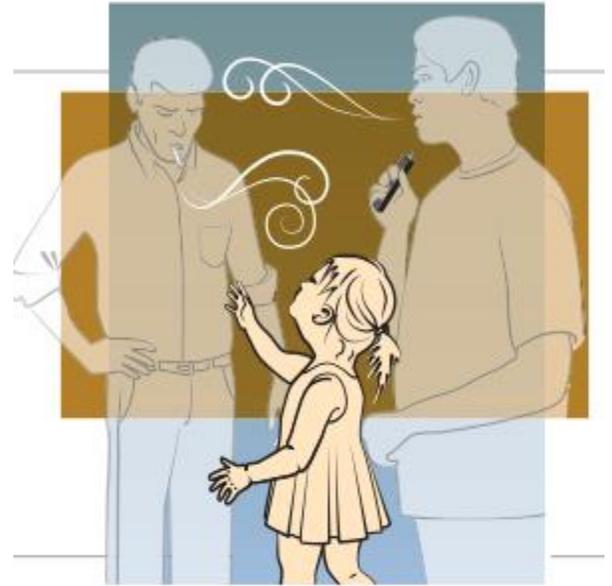


What are Second and Third-hand Smoke and Vaping Aerosols?

Secondhand smoke and vaping aerosols come from burning or heating tobacco through a cigarette, cigar, pipe, hookah, or electronic cigarette. They also come from the air a smoker exhales while smoking. Third-hand smoke is the smoke that stays in carpets, walls, furniture, clothing, hair, toys, etc. A person, car, or room can continue to smell of smoke long after a cigarette is put out.



Do smoke or vaping aerosols enter our bodies?

Yes, second and third-hand smoke and vaping aerosols contain harmful, toxic and cancer-causing chemicals that can be breathed in. They can go into the body through the skin. These chemicals can be swallowed, as many children put their hands or other objects into their mouths.

Why do we worry about second and third-hand smoke and vaping aerosols?

The smoke from cigarettes and the aerosols from e-cigarettes are dangerous. Tobacco smoke and aerosols can cause:

- cancer
- heart disease
- lung damage
- asthma

For the pregnant woman and her baby, tobacco smoke is especially dangerous and can increase the risk for:

- premature birth (the baby is born too early in the pregnancy)
- still birth (the baby is born dead)
- Sudden Infant Death Syndrome (crib death)

While we are still learning about the long-term effects of aerosols produced from e-cigarettes, the initial research suggests that the aerosol produced is not safe. Aerosols expose non-users to harmful and potentially cancer-causing chemicals.

How can I protect my children and myself from tobacco smoke and electronic cigarette aerosols?

The best way to protect your loved ones is stop smoking and stop using electronic cigarettes.



Cigarettes and electronic cigarettes are highly addictive. This makes it very hard to stop without help. There are medicines that can help you to stop tobacco and e-cigarettes. Nicotine replacement in the form of a patch, gum or lozenge are available over the counter. There are also other medicines available by prescription. For free help, support, and nicotine replacement therapy, call Southeastern Idaho Public Health at 208-239-5290, visit www.siphidaho.org, or contact 1-800-QUIT-NOW.



My Life, My Quit

This is a free and confidential way for youth to quit smoking or vaping. Text “Start My Quit” to 36072 to start today. This program provides an interactive journey through text, online chat, or by telephone.



Action Steps To Keep Your Home and Car Smoke Free

- Do not allow smoking or vaping in your home or car. The harmful chemicals stay there long after the smoker or e-cigarette user has gone.
- Tobacco smoke and e-cigarette aerosols go everywhere the air goes, even through closed doors.
- Air cleaners do not remove all chemicals and are not enough to keep the air clean.
- Avoid places where smoking or vaping are allowed.

Interested in FREE tobacco signage for your childcare facility?

Contact Southeastern Idaho Public Health at 208-478-6316 to obtain durable and weather-proof Project Filter signage that can be tailored and designed to reflect your childcare’s current tobacco policy.



RESOURCES

National Institute on Drug Abuse

- <https://www.drugabuse.gov/drug-topics/tobacconicotine-vaping>

Campaign for Tobacco Free Kids

- www.tobaccofreekids.org

Centers for Disease Control & Prevention

- https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

American Academy of Pediatrics

- <https://pediatrics.aappublications.org/content/143/2/e20183652>

Source: American Thoracic Society