

Tobacco Use Affects You Too

You may not realize it, but just because you personally do not smoke or know people who smoke does not mean it does not affect you. Read the information below to discover how other individuals' habits can harm not only your health, but the health of your environment and your household pets.

Did You Know?

600 million trees are cut down every year to produce tobacco products.

Cigarette butts are the most littered item globally, making them not only an eyesore, but a massive environmental problem.

What You Can Do to Prevent Exposure to Secondhand Smoke

Not allowing anyone to smoke in or near your home.

Not allowing anyone to smoke in your car, even with the windows down.

Making sure your children's daycare center and schools are tobacco-free.

Seeking out restaurants and other places that do not allow smoking.

Teaching your children to stay away from secondhand smoke.

For more information please contact:

www.FrederickCountyMD.gov/FCHD/TobaccoFree
301-600-1755



Harm on the Environment

Smoking poses a direct threat to our forests, homes, and parks. Discarded cigarette butts have even been linked to large wildfires, resulting in the destruction of wildlife, plants, and property. Cigarette-induced fires also claim hundreds of lives every year throughout the country.

Secondhand Smoke

According to the American Lung Association, an estimated 50,000 Americans lose their lives to secondhand smoke annually and 4 million youth (16%) are exposed to secondhand smoke in their homes.

What is Secondhand Smoke?

Secondhand smoke is smoke from burning tobacco products, such as cigarettes, cigars, or pipes.

Secondhand smoke also is smoke that has been breathed out by the person smoking.

There is no risk-free level of secondhand smoke exposure; even brief exposure can be harmful to health.

Health Affects in Children

In children, secondhand smoke can cause:

- Ear Infections
- Asthma Attacks
- Respiratory Symptoms
- Bronchitis and Pneumonia
- Greater risk for sudden infant death syndrome (SIDS)

Health Effects in Adults

In adults who have never smoked, secondhand smoke can cause:

Heart Disease:
Breathing secondhand smoke has immediate harmful effects on the heart and blood vessels.

Lung Cancer:
Secondhand smoke exposure caused more than 7,300 lung cancer deaths each year during 2005-2009.

Smoking and Your Pets

Think that smoking only harms people, think again.... researchers have found that exposure to tobacco smoke has been associated with certain cancers and allergies in dogs and cats. In addition, secondhand smoke causes skin diseases and respiratory problems in birds.

How Pets Come in Contact with Tobacco:

- Eating cigarettes or cigar butts
- Drinking water that contains cigar or cigarette butts
- Breathing secondhand smoke
- Eating nicotine replacement gum and patches

Health Effects from Tobacco in Animals:

- Breathing problems in dogs & cats
- Diarrhea
- Vomiting
- Feline lymphoma in cats
- Lung cancer in dogs



Did you know that if your pet eats 1-5 cigarettes or 1/3 of a cigar, it can cause death?