

Smoking is dangerous not just to the smoker, but also to the people around them.

Secondhand smoke contains over 4,000 chemicals, and over 60 of them are known to cause cancer. It is the third leading preventable cause of death in the U.S., killing an estimated 53,000 nonsmokers each year. Children are especially vulnerable because they breathe at a faster rate than adults.

Protect your health and the health of those around you by quitting smoking today.

Call the Mississippi Tobacco Quitline for free assistance to help you quit successfully.

1-800-QUIT-NOW

(1-800-784-8669)

[www.quitlinems.com](http://www.quitlinems.com)



MISSISSIPPI STATE DEPARTMENT OF HEALTH

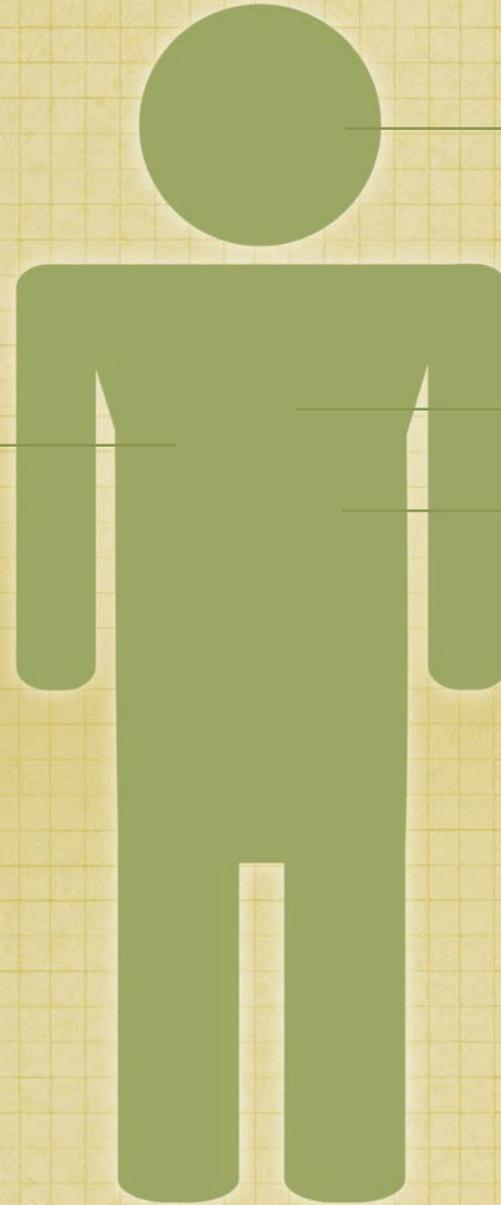
SECONDHAND  
SMOKE

**ASTHMA** - Children around secondhand smoke are more likely to have asthma. Tobacco smoke can cause asthma attacks and make the attacks more serious.<sup>4</sup>

**LUNG CANCER** - Secondhand smoke can cause lung cancer. About 3,400 people die from lung cancer each year in the U.S. because of secondhand smoke.<sup>2</sup>

**DEATH** - Secondhand smoke is also a cause of babies dying in the first few months of life.<sup>6</sup>

**PRENATAL RISKS** - Smoking and being around other smokers while pregnant is linked to a higher rate of miscarriage, early births, low birth weight infants, and future learning problems.<sup>7</sup>



**MIDDLE EAR INFECTIONS** - Children around secondhand smoke have more ear infections and take longer to recover from the illness.<sup>5</sup>

**HEART DISEASE** - Secondhand smoke can lead to heart disease and heart attacks, causing about 46,000 deaths each year among adult nonsmokers in the U.S.<sup>1</sup>

**LUNG INFECTIONS** - Being around secondhand smoke increases the chances of getting lung infections like pneumonia, especially in children.<sup>3</sup>

Sources: 1, 2 Centers for Disease Control and Prevention. 3,4 U.S. Environmental Protection Agency. 5 American Academy of Otolaryngology. 6 Office of the Surgeon General. 7 American Academy of Pediatrics.