



WHAT IS SECONDHAND SMOKE?

Secondhand smoke is the smoke that has been exhaled by the person or people smoking a burning tobacco product such as a cigarette, cigar, or pipe. Breathing even a little secondhand smoke can be dangerous.

HEALTH CONSEQUENCES

Tobacco products have more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer. Secondhand smoke increases the risks for certain diseases.

For adults:

- Heart Disease
- Lung Cancer

For children and infants:

- Ear infections.
- More frequent and severe asthma attacks.
- Respiratory infections such as pneumonia.
- Respiratory symptoms such as coughing, sneezing, and shortness of breath.
- Sudden Infant Death Syndrome.

PREVENTION

There are some ways to prevent exposure to secondhand smoke such as:

- Keep your home and car smoke-free and do not let anyone smoke in the house or car.
- Choose restaurants and businesses that are smoke-free.
- Ask people not to smoke around you or stay away from people who are smoking.

IT'S THE LAW!

There are laws in California that prohibit smoking in certain areas such as:

- Within 20 feet from main entrances, exits, and operable windows of all state, county, and city buildings including college buildings, clinics, housing, etc.
- Within playgrounds and sandbox areas.
- Indoor and enclosed workplaces, including restaurants and bars.
- Day care facilities, including private residences.
- In a car when a child under the age of 18 is present.

For additional information on Secondhand Smoke or Quit Smoking, please contact Health Education Department at 415-391-9686 ext. 5843

Sources:

- Centers for Disease Control and Prevention
- California Environmental Protection Agency- Air Resources Board

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
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甚麼是二手煙?

二手煙是指吸煙者呼出煙霧，或煙草產品，如香煙、雪茄或煙斗，所產生的氣體和微粒的混合物。即使吸入少量的二手煙對身體也是危險的。

二手煙的危害

煙草產品含超過 7000 種化學品，其中包括超過幾百種有毒物質和大約 70 種可以致癌的物質。二手煙可以增加某些疾病的風險。

成年人:

- 心臟病
- 肺癌

兒童和嬰兒:

- 耳朵發炎。
- 更加頻繁和嚴重的哮喘發作。
- 呼吸道感染，例如肺炎。
- 呼吸道症狀，例如咳嗽、打噴嚏和氣促。
- 嬰兒猝死綜合症。

預防

有很多方法可以預防二手煙的危害，例如：

- 在您的房子和汽車內禁煙，不要讓任何人在您的房子和汽車內吸煙。
- 選擇禁煙的餐館和商家。
- 請求您身邊的人不要吸煙或避免和吸煙的人在一起。

這是法律規定的!

在加州，法律規定在某些場所不能吸煙，例如：

- 所有州立、縣立和城市建築物的主要入口、出口和可以開關的窗口的 20 呎範圍內，包括大學的建築物，診所，和公共住宅
- 在遊樂場內以及小孩子玩耍的沙區。
- 室內和密封的工作場所，例如餐廳和酒吧
- 日間護理所，包括私人住所
- 有 18 歲以下兒童在的車裏

如果您想要知道更多關於二手煙或戒煙的資料，請致電 415-391-9686 轉內綫 5843 聯繫健康教育部。

資料來源:

- Centers for Disease Control and Prevention
- California Environmental Protection Agency- Air Resources Board

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