

THE DANGERS OF 

Secondhand & Thirdhand Smoke

KNOW THE DIFFERENCE

Firsthand Smoke

Smoke that is being inhaled directly by the individual using a combustible tobacco product.

Secondhand Smoke

Sidestream Smoke
Smoke from the burning end of a tobacco product. It is more harmful than mainstream smoke.

Mainstream Smoke
Smoke inhaled, then exhaled by the smoker.

Thirdhand Smoke

Leftover residue that sticks to surfaces after the smoke is cleared.

Secondhand Smoke

Secondhand smoke (SHS) is a Class A carcinogen. Like radon and asbestos, prolonged exposure to secondhand smoke is known to cause cancer in both humans and domestic animals.



Secondhand smoke contains over 7,000 compounds, at least 70 of which are known to cause cancer. This cocktail of deadly chemicals includes:



- **Formaldehyde** – Used to preserve dead bodies
- **Ethylene Oxide** – Used to make anti-freeze
- **Arsenic** – A deadly pesticide
- **Polonium-210** – A radioactive element
- **Ammonia** – Found in household cleaners
- **Butane** – Used in lighter fluid
- **Cadmium** – A toxic metal used in batteries
- **Benzene** – A component of gasoline and crude oil
- **Hydrogen Cyanide** – Used to make chemical weapons

Secondhand Smoke (CONTINUED)

Approximately

7,500

Oklahomans die each year from tobacco-related causes, *with more than 700 caused by exposure to secondhand smoke alone.*

➤ [Tobacco Prevention & Cessation](#)

SHS causes numerous serious illnesses including:

- Cancer
- Asthma Attacks
- Emphysema
- Sinus Infections
- Ear Infections
- Chronic Cough
- Lung Disease
- Heart Disease
- Sudden Infant Death Syndrome (SIDS)

Thirdhand smoke is thought to increase risk for these illnesses, as well.



There is no safe level of exposure to secondhand smoke.

➤ [U.S. Surgeon General's Report](#)



Secondhand smoke can impair coronary circulation in as little as 30 minutes of exposure and can cause heart attacks and strokes.

Thirdhand Smoke



Thirdhand smoke can be found on surfaces such as floors, walls, carpets, couches, pillows, clothes, toys, car seats, and even in hair and dust particles.



Thirdhand smoke can enter the body via particles inhaled into the lungs and via absorption through the skin and mouth. This is particularly concerning for young children.



Secondhand and thirdhand smoke is highly toxic to pets. It causes numerous forms of cancer as well as allergic reactions resulting in scratching, biting and chewing of the skin.