

# EVERYONE DESERVES TO BREATHE CLEAN AIR

There is no safe level of exposure to secondhand smoke. Brief exposure can cause harmful health effects.<sup>1</sup>

- Secondhand smoke or secondhand aerosols come from burning or heating tobacco products, like cigarettes, cigars, hookahs, pipes, or electronic cigarettes (e-cigs).<sup>2</sup>
- Non-tobacco users are exposed to the same cancer-causing substances and poisons inhaled by smokers and vape users.<sup>2,3</sup>
- Children and infants are most vulnerable to the negative effects of secondhand smoke, which can cause sudden infant death syndrome (SIDS), respiratory infections, ear infections, and asthma attacks.<sup>1,3</sup>



**1 in 4** adult cancer deaths in California are caused by cigarette smoking.<sup>4</sup>

**41,000**

Estimated number of deaths each year of non-smokers exposed to secondhand smoke.<sup>2</sup>

Up to **30%**

increased risk of coronary heart disease, stroke, or lung disease from secondhand smoke exposure.<sup>2,5</sup>



## Harmful Chemicals and Substances Found in Secondhand Smoke and Aerosols

E-cigarettes aerosols contain<sup>6</sup>...

- Nicotine
- Heavy metals (e.g., Nickel, Tin, and Lead)
- Cancer-causing chemicals and flavorings
- Volatile Organic Compounds (VOCs) (e.g., formaldehyde)
- Ultrafine particles



Over **7,000**

dangerous chemicals are found in cigarette smoke.<sup>1,2</sup>

**70**

chemicals are known to cause cancer.<sup>1,2</sup>

# OUTDOOR SMOKEFREE POLICIES PROTECT EVERYONE

84%

of California residents prefer to dine in a **smokefree restaurant with outdoor seating**.<sup>7</sup>

39

Number of cities and jurisdictions in LA County with a **smokefree outdoor dining ordinance**.

24

Number of cities and jurisdictions in LA County with a **comprehensive smokefree outdoor ordinance**\*.

Local ordinances or smokefree policies protect and provide everyone the right to breathe clean air. These policies can also:



**Reduce exposure to secondhand smoke** in outdoor public areas and improve air quality.



**Prevent the initiation of tobacco use** among youth and young adults, and help people to stop smoking.



**Result in higher levels of compliance** when people are aware that smokefree policies exist.

\*Comprehensive smokefree outdoor ordinance includes at least five major outdoor areas: outdoor dining areas, entryways, public events, service areas, sidewalks, worksites, golf courses, or parks.

## References

1. US Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2010.
2. US Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2014.
3. US Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2006.
4. Lortet-Tieulent J, Sauer AG, Siegel RL, et al. State-level cancer mortality attributable to cigarette smoking in the United States. *JAMA Intern Med.* 2016;176(12):1792–1798. doi:10.1001/jamainternmed.2016.6530.
5. DiGiacomo SJ, Jazayeri MA, Barua RS, Ambrose JA. Environmental Tobacco Smoke and Cardiovascular Disease. *Int J Environ Res Public Health.* 2018;16(1):96. doi:10.3390/ijerph16010096.
6. US Department of Health and Human Services. E-cigarette use among youth and young adults: a report of the Surgeon General. Atlanta, GA: US Department of Health and Human Services, CDC; 2016.
7. California Department of Public Health. California Adult Tobacco Survey, 2018.

## Quit Smoking/Vaping Free Services

English	(800) 300-8086
Spanish - Español	(800) 600-8191
Chinese - 中國人	(800) 838-8917
Korean - 한국인	(800) 556-5564
Vietnamese - Tiếng Việt	(800) 778-8440

To quit vaping, text “Quit Vaping” to 66819



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California  
[kickitca.org](http://kickitca.org)

**LA QUITTS**  
[LAQuits.com](http://LAQuits.com)