

# **CDC Vital Signs Secondhand Smoke**

*This program is presented by the Centers for Disease Control and Prevention.*

Secondhand smoke *kills* more than 400 infants and 41,000 adult nonsmokers every year. Secondhand smoke exposure is when nonsmokers breathe in smoke exhaled by smokers or from burning tobacco products.

States and cities can work to prohibit smoking in indoor public areas and worksites, including restaurants, bars, and casinos.

Health care providers can help patients who smoke to quit, and encourage nonsmoking patients to avoid secondhand smoke exposure.

Everyone can make their homes and cars 100 percent smoke-free, not allow anyone to smoke around children, avoid public places where smoking is allowed, and talk to children about why they shouldn't smoke or be around secondhand smoke.

If you or someone you know smokes and wants to quit, call 1-800-QUIT-NOW or go to [smokefree.gov](http://smokefree.gov) for free help.

The bottom line is—there is *no* safe level of secondhand smoke exposure.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*