



A MINUTE OF HEALTH WITH CDC

Avoiding Secondhand Smoke

Disparities in Nonsmokers' Exposure to Secondhand Smoke — United States, 1999-2012

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

There is no safe level of exposure to secondhand tobacco smoke. Among nonsmoking adults, it causes coronary heart disease, stroke, and lung cancer. It also causes sudden infant death syndrome, respiratory and ear infections, and asthma attacks in infants and children. Eliminating smoking in indoor spaces, such as private worksites, restaurants, bars, and casinos, fully protects nonsmokers from exposure to secondhand smoke in these environments. Exposure is not eliminated by opening a window, using fans or air fresheners, cleaning the air, or separating smokers from nonsmokers. Everyone can make their homes and vehicles smoke-free.

Thank you for joining us on a Minute of Health with CDC.

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