



## Smoking in the home & car

Over a third of children in Lancashire are estimated to live in a house with a smoker. Long term exposure to second hand smoke (SHS) is linked to an increased risk of developing heart disease, cancer and stroke in adults and cot death, bronchitis, asthma symptoms, glue ear, meningitis and dental caries in children.

### Impact of Second hand Smoke

Tobacco smoke contains over 4,000 chemicals, 69 of which are carcinogenic. Tobacco smoke not only damages a smoker's health but also the health of the people around them. Breathing other people's smoke is called passive or second hand smoking (SHS). The World Health Organisation (WHO) has listed SHS as a human carcinogen to which there is no safe level of exposure

There are two types of tobacco second hand smoke:

- Mainstream smoke, which is directly inhaled through the mouth end of the cigarette, and
- Side stream smoke, which comes from the burning tip of the cigarette.
- Second-hand smoke consists mainly of side stream smoke, which is about four times more toxic than mainstream smoke, this is because side stream smoke contains much higher levels of many of the poisons and cancer-causing chemicals in cigarettes