



SECONDHAND SMOKE AND VAPING AEROSOL PREVENTION

FOR PROVIDERS SERVING PARENTS AND FAMILIES:

Exposure to secondhand smoke causes disease and premature death for people who do not smoke or use tobacco products. This digital guide contains links to resources that can help to education your clients on the risks of secondhand smoke and vaping aerosol, and recommendations for how to reduce exposure. All content found in this guide are for informational purposes only. For questions please email cdp@kitsappublichealth.org.

SECONDHAND SMOKE TRENDS

The number of people who do not smoke but are exposed to secondhand smoke in the United States has declined over the last 60 years. This progress is due to the implementation of laws that prohibit smoking in public places, an overall decrease in cigarette smoking, and an increased awareness of the health risk of secondhand smoke.

Despite the decline in secondhand smoke exposure, young children are more likely to be exposed. According to the CDC, nearly two in every five children ages 3-11 years old were exposed to secondhand smoke between 2017-2018. In 2019, roughly 25.3% of middle and high school students reported secondhand smoke exposure.

SECONDHAND VAPING AEROSAL

With an increase in vaping over the past decade, many people wonder about the risk of secondhand aerosol from e-cigarettes, or vapes. Although the aerosol exhaled by vape users is not the same as cigarette smoke, it may put bystanders at risk. In 2016, The U.S. Surgeon General concluded that aerosol from vapes can contain harmful or potentially harmful substances, including nicotine. More research is needed to determine the full extent of harm from secondhand aerosol exposure, however there is no safe level of exposure to nicotine for children.

HEALTH EFFECTS

Secondhand smoke contains over 7,000 chemicals, many of which are harmful or potentially harmful. Nicotine, one of the chemicals in secondhand smoke, is a dangerous and highly addictive chemical. There is no safe level of nicotine exposure for children. Nicotine exposure during childhood can have long-term effects on brain development.

Infants and children exposed to secondhand smoke are at higher risk of sudden infant death syndrome (SIDS), coughing, wheezing, asthma, and ear infections. Some of the health conditions associated with secondhand smoke exposure during pregnancy include SIDS, miscarriage, low birth weight, and preterm birth.



CLICK THE [LINK](#) FOR 10
PODCAST RECOMMENDATIONS
FROM THE THIRDHAND
RESOURCE CENTER

THIRDHAND SMOKE

Thirdhand smoke is the chemical residue that is left behind on clothes, skin, furniture, walls and other surfaces after someone smokes. These chemicals include nicotine and other cancer-causing and potentially harmful substances.

Thirdhand smoke builds up over time and can remain on surfaces for months or years. Infants and young children are at high risk due to activities such as crawling and putting non-food items into their mouths.

NICOTINE POISONING

Nicotine poisoning is the toxic effect of ingesting or consuming too much nicotine. Most cases result from accidental ingestion of tobacco or nicotine-containing products. Nicotine poisoning has become more common due to increased popularity of e-cigarettes, where the liquid, or "e-juice" has a higher concentration of nicotine than other tobacco products.

Nicotine poisoning can occur at any age, however young children are at a higher risk due to smaller body size and lower weight.

REDUCING SECONDHAND AND THIRDHAND SMOKE EXPOSURE

Quitting using cigarettes and other tobacco products provides the most protection against secondhand and thirdhand smoke.



CLICK THE [LINK](#) FOR A 3 MINUTE VIDEO ON SECONDHAND SMOKE

Going outside does not fully protect against secondhand smoke. Smoke can cling to clothing, hair, and skin and travel back into the home or car after smoking has occurred.

Opening windows in the car or at home does not provide protection. Using fans or ventilation systems does not eliminate secondhand or thirdhand smoke.

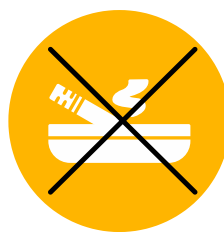
IF YOUR CLIENT OR SOMEONE IN THEIR HOME IS NOT READY TO QUIT, THERE ARE WAYS TO REDUCE EXPOSURE TO SECONDHAND SMOKE OR AEROSOL THAT YOU CAN SUGGEST:



Go smoke free in your home and car. Ask visitors to do the same.



Smoke outside, shower, and put on fresh clothes before interacting with others.



Remove ashtrays from inside and outside your home where children are present.



Safely store your tobacco products away from children and pets in a locking cabinet or bag.

RESOURCES

- [CDC](#) - Going Smoke Free Matters
- [FDA](#) - Tips on How to Keep E-liquids Away From Children
- [Thirdhand Smoke Resource Center](#)
- [Washington State Poison Center](#)
- [American Lung Association](#) - Secondhand Smoke and Children
- [WA DOH](#) - Protect Your Loved Ones From Secondhand Smoke



CLICK THE [LINK](#) FOR THE
FREEDOM FROM TOBACCO
PODCAST

TOBACCO CESSATION

IF YOU WOULD LIKE 2MORROW HEALTH OR QUITLINE
WALLET AND RACK CARDS, PLEASE EMAIL
CDP@KITSAPPUBLICHEALTH.ORG

[SmokeFree](#)

- Build a personalized quit plan and find tips, apps, texting programs, and other ways to get ready to quit and be smokefree for good.

[2Morrow Health Smartphone App](#)

- Self-help smartphone app for vaping, smoking and tobacco.

[Washington State Quitline](#)

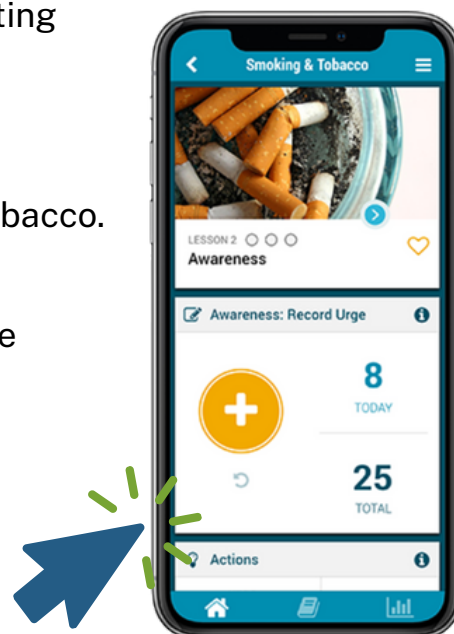
- Free one-on-one counseling and medication, if eligible

WA STATE QUITLINE

Text **READY** to **34191** or

Call **1-800-QUIT-NOW**

1-800- 784-8669



CLICK THE [LINK](#) TO DOWNLOAD
THE 2MORROW HEALTH APP