

SECONDHAND SMOKE

- Secondhand smoke is smoke breathed in from tobacco being smoked by another person.
- Most exposure to secondhand smoke occurs in homes and workplaces but it can also happen in public places such as parks, farmers markets, and fairgrounds.
- Children under 18 months, the elderly, and people with disabilities are at most risk from secondhand smoke.

DID YOU KNOW?

SECONDHAND SMOKE KILLS

41,000

NON-SMOKERS A YEAR



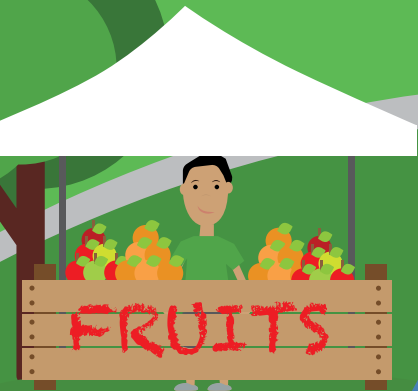
HARMFUL EFFECTS

CHILDREN

- Ear infections
- Respiratory tract infections
- More frequent and severe asthma attacks
- Sudden Infant Death Syndrome (SIDS)
- Low birth weight

ADULTS

- Nasal irritation
- Stroke
- Lung cancer
- Heart disease



WHAT CAN YOU DO?

- If you smoke, don't do it in your home or car. Find a designated smoking area.
- Do not allow anyone to smoke in your home or car
- Ask if your child's day care center or school are tobacco-free
- For renters, talk to your property manager about adopting smoke-free policies
- If you smoke, learn about the effects of smoking and how to quit
- Call the California Smokers' Helpline **1-800-NO-BUTTS** or go to www.nobutts.org

CONTACT:

References:

1. California Department of Public Health. *Thirdhand Smoke*. 2017.
2. Centers for Disease Control and Prevention. *Health Effects of Secondhand Smoke*. 2018.
3. Centers for Disease Control and Prevention. *Hispanics/Latinos and Tobacco Use*. 2018.
4. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. 2006.

DEVELOPED BY:

**HISPANIC LATINO
COORDINATING CENTER**



CANCER & TOBACCO

WHAT YOU NEED TO KNOW

WHAT IS CANCER?

Cancer is a group of diseases where cells grow out of control and crowd out normal cells. If the spread is not controlled, it can result in death. Lung cancer is one of the leading causes of death for Latinos in the U.S. Cigarette smoking can increase your risk of lung cancer.

LATINOS IN THE U.S. DIAGNOSED WITH LUNG CANCER IN 2018:

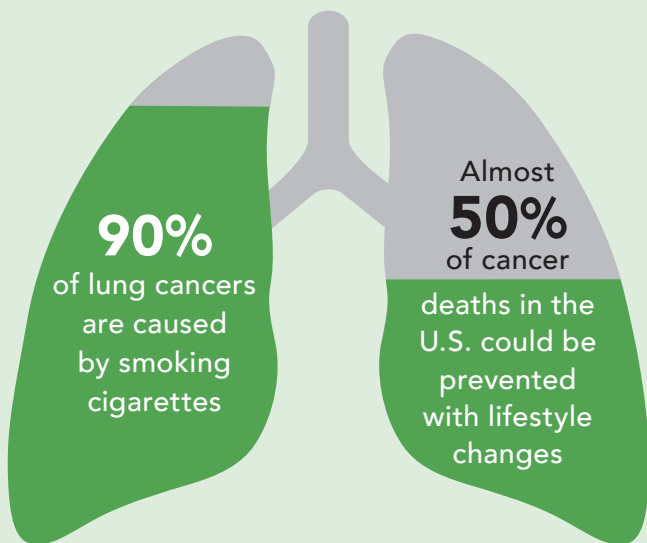


5,000
women



5,600
men

SMOKING AND CANCER



SYMPTOMS OF LUNG CANCER:



- Usually no symptoms in early stages
- Raspy cough with mucus and blood
- Lasting chest pain
- Swelling of neck and face
- Feeling tired and weak
- Trouble swallowing

WHAT CAN YOU DO TO PREVENT CANCER?

- Talk to your doctor
- Make a plan to quit smoking
- Adopt a healthy diet
- Stay active
- Call **1-800-NO-BUTTS** (1-800-662-8887) or visit www.nobutts.org. Services are available in Spanish.



CONTACT US:

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Developed by: **HISPANIC LATINO**
COORDINATING CENTER

This information is not a substitute for professional medical care or legal help. If you have questions or concerns, please talk with a health care provider.

References:

1. American Cancer Society (2018). Cancer Facts & Figures for Hispanic/Latinos 2018-2020. Retrieved from <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-facts-and-figures-for-hispanics-and-latinos/cancer-facts-and-figures-for-hispanics-and-latinos-2018-2020.pdf>
2. American Lung Association (2019). What Causes Lung Cancer. Retrieved from <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/lung-cancer/learn-about-lung-cancer/what-is-lung-cancer/what-causes-lung-cancer.html>
3. American Lung Association (2019). Lung Cancer Symptoms. Retrieved from: <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/lung-cancer/learn-about-lung-cancer/symptoms/>
4. American Lung Association (2019). Can Lung Cancer Be Prevented? Retrieved from: <https://www.cancer.org/cancer/lung-cancer/prevention-and-early-detection/prevention.html>
5. Centers for Disease Control and Prevention [CDC] (2018). For Specific Groups: Hispanics / Latinos - Know the Facts. Retrieved from <https://www.cdc.gov/tobacco/campaign/tips/groups/hispanic-latino.html>