

Second-hand smoke fact sheet



	<p>Harm from second-hand smoke is reduced if people who smoke do so outdoors, at a distance from doorways and away from others.</p>
	<p>Almost one-third of the people who die from second-hand smoke each year are children (World Health Organisation, 2010).</p>
	<p>Adults and children who live in a smoky home are at greater risk of coughing and wheezing, chest infections (such as pneumonia and bronchitis), severe asthma, middle ear infections and glue ear (which may cause partial deafness), and cot death (sudden infant death syndrome).</p>
	<p>Children are more at risk because their immune system, which protects them from getting sick, is not fully developed.</p>
	<p>It is more difficult for young children to avoid or complain about second-hand smoke. Children depend on adults to make sure their air is smoke-free.</p>
	<p>Second-hand smoke increases the risk of lung cancer and heart disease in non-smokers.</p>
	<p>It puts people suffering from breathing disorders and heart disease at particular risk. It makes illnesses such as asthma and chronic bronchitis worse.</p>
	<p>It is particularly harmful for a pregnant woman and her unborn baby, as every chemical in a woman's body can travel into the baby's body.</p>
	<p>When a smoker lights up in public, even if it is outdoors, they don't know if they are in the area of pregnant women or if people around them have breathing or chest disorders that can be made worse by inhaling second-hand smoke.</p>