

A Few Things To Know About Tobacco

According to the new Surgeon General's report, even brief exposure to tobacco smoke is dangerous. It states there is **NO** safe level of exposure; even "third" hand smoke is serious. Third hand smoke is when you can still smell the odor of tobacco smoke when there is no smoke present, as in a car the day after someone has smoked in it.

Tobacco smoke **increases the risk** of Sudden Infant Death Syndrome (SIDS), asthma, ear infections, bronchitis and pneumonia in children.

Tobacco smoke is a **toxic mix** of more than 7,000 chemicals. Many are poisons. When these chemicals get deep into your body's tissues, they cause damage. Your body must fight to heal the damage each time you smoke. Over time, the damage can lead to disease.

Quitting is the best thing you can do for you and child's health. It has immediate and long term benefits. The Washington State Tobacco Quit Line is free and has people who can help you through the process of quitting.

If you are not ready to quit now, not smoking in the house or car will help.

Washington State Department of Health

Tobacco Quit Line

1-800-QUIT-NOW

toll-free 1-800-784-8669

QUITLINE.COM

If you have questions, please ask your Family Support Staff

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Cancer-causing Chemicals

- Formaldehyde**: Used to embalm dead bodies
- Benzene**: Found in gasoline
- Polonium 210**: Radioactive and very toxic
- Vinyl chloride**: Used to make pipes

Toxic Metals

- Chromium**: Used to make steel
- Arsenic**: Used in pesticides
- Lead**: Once used in paint
- Cadmium**: Used in making batteries

Poison Gases

- Carbon Monoxide**: Found in car exhaust
- Hydrogen cyanide**: Used in chemical weapons
- Ammonia**: Used in household cleaners
- Butane**: Used in lighter fluid
- Toluene**: Found in paint thinners

Tobacco smoke contains a deadly mix of **more than 7,000 chemicals**. Hundreds are toxic. About 70 can cause cancer. Here are some of the chemicals.