

## **Harmful** Second Hand Smoke of **Marijuana,** **E-cigarettes and Tobacco**



### **Marijuana**

With the legalization of marijuana in 2016, more Californians are being exposed to another dangerous type of secondhand smoke. Marijuana produces toxic secondhand smoke associated with adverse health outcomes such as:

- ◆ cardiovascular effects on the body – hardening and narrowing of the arteries, heart attack and stroke.
- ◆ higher amounts of some toxic chemicals such as tar and ammonia, and more than twice the amount of hydrogen cyanide, an extremely poisonous chemical. There are decades of research proving the harmful effects of secondhand tobacco smoke and more than 4,000 Californians die each year from secondhand smoke related illnesses.

### **Marijuana secondhand smoke is harmful for people to be around and breathe.**

All secondhand exposure produced by cigarettes, e-cigarettes and vaping devices, cigarillos, hookah, and **marijuana**, is harmful to your health. While almost all Californians are aware of the dangers of secondhand smoke from cigarettes, many are unsure about these other products.

### **Cigarettes and Tobacco Smoke**

There are nearly 70 cancer-causing chemicals in the secondhand smoke from cigarettes — even brief exposure to these toxic chemicals is dangerous. Secondhand smoke from cigarettes and other tobacco products that are burned (e.g., cigars, cigarillos, hookah) are very harmful to be around. The U.S. Surgeon General continues to warn the public that **there is no safe level of exposure to secondhand smoke.**

Secondhand cigarette smoke is classified as a 'toxic air contaminant, killing tens of thousands of Americans every year. It is especially dangerous for children, pregnant women, the elderly and those with chronic illnesses.

### **The secondhand smoke health risks for children include:**

- **Low birth weight and lung problems in infants**
- **Acute lower respiratory tract infections (bronchitis and pneumonia)**
- **Middle-ear infections**
- **Chronic respiratory symptoms or problems**
- **Asthma in children who previously have not had any symptoms**
- **Sudden infant death syndrome (SIDS)**



You can protect yourself from toxic secondhand smoke and aerosol. Contact your local Health Department for additional help, information, or to report a secondhand smoke issue. And, if you have a medical condition made worse by secondhand smoke drifting into your home, federal and state disability laws might help you address the problem (visit ChangeLab Solutions for free resources). Depending on the nature of your disability, landlords may be required to make changes to reduce your exposure.

Free **Quit smoking services: 1-800-NO-Butts, [www.nobutts.org](http://www.nobutts.org), [TABACCOFREECA](http://TABACCOFREECA). Call your local Medical Office about getting free nicotine patches covered by your Medical Health Insurance.**

**If you do not have health insurance please let us know at BIHS so we can help you obtain health insurance for you or your family.**