

Living with a Smoker

If You Are Around Someone Who Smokes

Passive smoking happens when a nonsmoker breathes smoke from someone else's cigarette, pipe, or cigar. It is also called secondhand smoke. We now know that such secondhand smoke is unsafe. People who don't smoke but live or work with smokers are more likely to develop lung cancer than other nonsmokers. In fact, each year an estimated 3,000 people who don't smoke die of lung cancer because of secondhand smoke. It has also been linked to heart disease in nonsmokers.

Passive smoking is very dangerous for someone with asthma, other lung conditions, or heart disease. It may cause bronchitis, pneumonia, or an asthma attack.



WHAT YOU CAN DO TO REDUCE RISK

How to Avoid Secondhand Smoke

In the Home:



- Politely ask your live-in smoker and any visitors who smoke to do so only outside.
- Remove all ashtrays from the inside of your home.
- If you live with a smoker who insists on smoking in the home, establish a smoking zone. The room you choose should have good cross ventilation and be sure the windows are open when they smoke. This will not eliminate your exposure to secondhand smoke, but it's better than close exposure.

In Public Places:

- Always take the smoke free options that are available