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When you inhale secondhand smoke, you are exposed to the same materials smokers are exposed to, let alone that such exposure duration might be longer than smoker's exposure duration; when you smoke one cigarette, you are exposed to smoke for ten minutes, but when you stay in the same place with smokers, you might be exposed for secondhand smoke for hours. Studies have revealed that secondhand smoke exposure increases platelets and cause blood vessel disorder within minutes, and such symptoms may last for an hour or more after exposure

Neal Benowitz, MD, Director of the Flight Attendant Medical Research Institute
Nland Lane Center of Excellence on Secondhand Smoke at University of
California at San Francisco

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How to protect ourselves from involuntary smoking hazards?

- The only effective way to protect the non-smoker is 100% smoke free areas.

- 1- Never ever allow anyone to smoke inside your home, car or office.
- 2- Never smoke inside your house or closed places, especially in the presence of children.
- 3- Do not enter closed places with smokers.
- 4- Instruct your children to stay away from smokers and smoking areas.
- 5- Provide assistance and support to your relatives and family members who are willing to quit smoking.



- An air pollution study free areas become as polluted in several restaurants has revealed that in 60% of the restaurants it covered (as per WHO' air quality standards), smoke free areas become as polluted as smoking areas within 8 minutes time from first cigarette burning.
- 100% smoke-free areas in the only effective way to protect nonsmokers.
- Even the lowest amounts of secondhand smoke are harmful; 30 minutes of secondhand smoke exposure increases the chances of having cardiac and respiratory diseases, and it affects the mother and her infant in particular.
- Spending 2 hours with smokers in one room equals smoking 4 cigarettes.
- Smoking ban regulation proved effective in protecting people from secondhand smoking hazards.

What are involuntary smoking effects?

1-Direct short-term effects:



Pulmonary irritation combined with cough and wheezing and increased sputum production.



Bronchitis and difficulty breathing.



Irritation of the eyes, nose and throat.

2-Long-term effects:

- Lung cancer
- Acute and chronic
- Sinus cancer
- Cervical cancer
- Spontaneous abortion
- Infant poor weight gain
- Sudden infant death
- Asthma and pediatric allergic diseases
- Poor lung function
- And other dangerous diseases.

What is involuntary smoking (passive Smoking?)

Passive smoking is non-smoker's inhalation of smoker's cigarette smoke, as well as the smoke generated by burning other tobacco products (burning cigarette butts, hookah, pipe etc) thereby affecting the non-smoker, and that is why it is called involuntary smoking.

When it comes to smoke exposure (secondhand smoke), there are no safe levels; even air purification or ventilation cannot reduce pollution to safe levels. 100% smoke-free areas is the only solution that protects us from smoking hazards, since every person has the right to inhale clean and secondhand smoke-free air. No one shall be exposed to the hazards of passive smoking.





Protect your beloved ones from involuntary smoking hazards

