

Break the Habit

A Pharmacist's Toolkit for Smoking Cessation Counselling

Second-Hand Smoke

• Smoke exhaled by people who smoke or smoke from burning tobacco products

Exposure:

 Any person who does not directly smoke but is exposed to smoke, regardless of the type of tobacco product, either through direct smoke contact or from exhaled smoke

Impact of Second-Hand Smoke:^{1,2}

NEARLY 1000

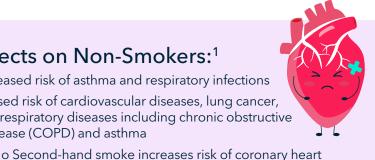
deaths per year from lung cancer and heart disease in non-smokers due to second-hand smoke.

Vulnerable Populations:^{1,2}

- Infants
- Children
- Adolescents
- Pregnant individuals
- Individuals with preexisting health conditions

Prevention and Protection:^{1,5}

- Raise Awareness: educate people about the dangers of smoke
- Communication: talk to people who smoke, discuss options such as smoking outside the home or car
- Ventilation: if someone smokes in a closed space, air the smoke out, open windows, or use a fan or air purifier
- Avoid Smoking Spots: separate smoking/ non-smoking spots within the house
- Support Smoking **Cessation:** help someone quit smoking



Toxins

CAN LINGER IN rugs, curtains, clothing, food and furniture.

Health Effects on Non-Smokers:¹

disease by 25-30%³

COPD two- to fourfold⁴

OVER

7000

• Children: increased risk of asthma and respiratory infections

chemicals in second-hand smoke,

many of which are toxic and can

including respiratory problems,

cause various health issues,

heart disease and cancer.

• Adults: increased risk of cardiovascular diseases, lung cancer, infections and respiratory diseases including chronic obstructive pulmonary disease (COPD) and asthma

References:

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- 5. Smoke-Free Housing Ontario. Take steps to reduce second-hand smoke [internet]. 2024. Available from: https://smokefreehousingon.ca/taking-action/rentals/take-steps-to-reduce-second-hand-smoke. Accessed October 4, 2024.



