



MOTHERS & OTHERS FOR CLEAN AIR

HEALTHY INDOOR BREATHING TOOLKIT

SMOKING & VAPING

For more information about this research, visit
WWW.MOTHERSANDOTHERSFORCLEANAIR.ORG

THE PROBLEM

The evidence around smoking's health effects are clear: smoking increases risk of disease in every organ in your body (particularly your lungs) and is the leading cause of preventable death. However, second-hand smoke is a large source of preventable air pollution and the diseases it causes.

According to the Environmental Protection Agency (EPA), "Secondhand smoke is a mixture of the smoke given off by the burning of tobacco products...and the smoke exhaled by the smoker."

Secondhand smoke is classified by the EPA as a Group A carcinogen (cancerous) and carries more than 7,000 toxins. Exposure to secondhand smoke commonly occurs in the home and can move from room to room.



THE PROBLEM

Vaping is not safe, though it is less harmful than smoking. The CDC warns that vape smoke contains harmful chemicals, including nicotine, VOCs, cancer-causing agents, heavy metals, and diacetyl, which is linked to lung disease. A 2020 outbreak of lung injuries was linked to black-market vape products.

Vaping is addictive due to nicotine, which increases heart attack risk, harms fetal development, and affects brain development in young people.

Nicotine is as addictive as heroin and cocaine, with some vapes delivering more nicotine per hit than cigarettes. Vaping is linked to asthma, chronic lung disease, and potential organ damage from heavy metals.

Research shows it is not an effective method to quit smoking, as most vapers continue using cigarettes.



[Click here to find other ways to quit smoking](#)

WHY IS THIS IMPORTANT

04

TO MY OR MY CHILD'S HEALTH?

FAST FACTS

- Since 1964, 2.5 million nonsmoking adults have died from secondhand smoke exposure.
- Each year, secondhand smoke causes nearly 34,000 nonsmoker deaths from heart disease in the United States.
- Nonsmokers who are exposed to secondhand smoke at home or at work increase their risk of developing lung cancer by 20-30%. Secondhand smoke is particularly harmful to infants and children.
- Secondhand smoke has serious side effects for children who have asthma; it is a known asthma trigger.
- More than half of US children with asthma are exposed to secondhand smoke.
- Smoking during pregnancy results in more than 1,000 infant deaths annually.



WHY IS THIS IMPORTANT

05

TO MY OR MY CHILD'S HEALTH? (CONTINUED)

- In 2024, over 1.6 million youth in the U.S. used an e-cigarette.
- 40% of young e-cigarette users had never smoked regular tobacco before using e-cigarettes.
- More than 30% of teens who start using e-cigarettes begin smoking traditional tobacco products within six months.
- As of February 18, 2020, a total of 60 hospitalized deaths and nearly 3000 hospitalizations related to e-cigarette use and vaping have been reported to CDC from all 50 states, the District of Columbia, and two U.S. territories (Puerto Rico and U.S. Virgin Islands).



[1] [US EPA. Secondhand Smoke and Smoke-free Homes.](#)

[2] [Centers for Disease Control and Prevention. Health Effects of Secondhand Smoke](#)

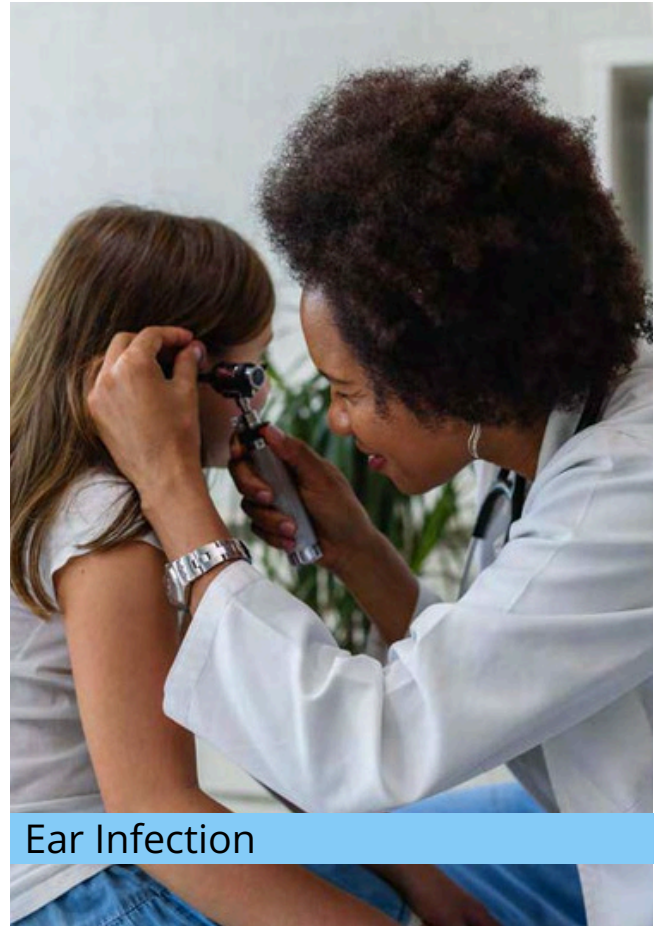
[3] [Food and Drug Administration. 2024 Results from the Annual National Youth Tobacco Survey.](#)

SMOKING CAN CAUSE

06

THE FOLLOWING SYMPTOMS/DISEASES:

- Nasal Irritation
- Coughing
- Wheezing
- Development of Asthma
- Frequent Asthma Attacks
- Respiratory Infections
- Ear Infections
- Low Birth Weight
- Heart Disease
- Stroke
- Lung Disease
- Lung Cancer
- Other Cancers
- Sudden Infant Death Syndrome



Ear Infection



Developing Asthma

VAPING CAN CAUSE

07

THE FOLLOWING SYMPTOMS/DISEASES:

- Nasal Irritation
- Increased Blood Pressure
- Heart Disease
- Gum inflammation
- Lung Disease
- Brain Development Effects
- Severe Lung Injury



Gum Inflammation



Nasal Irritation



Lung Disease



Increased Blood Pressure

SAFE FROM SECONDHAND SMOKE

If there is a smoker/ vaper in your house or if you do not live in a smoke-free building, there are ways to help reduce second-hand smoke exposure.



DO NOT LET THE SMOKER/VAPER SMOKE OR VAPE INSIDE THE HOME, CAR, AND AROUND CHILDREN.

This is the single most important step to prevent secondhand smoke exposure. Many apartment buildings have smoking zones outside where a smoker/vaper can go.



OPEN DOORS AND WINDOWS TO CREATE VENTILATION.

Open multiple doors and windows in the home to create a cross breeze and clear the toxins from the smoke from your home.



MAKE SURE YOU HAVE PROPER VENTILATION IN YOUR HOME.

Your heating/ cooling appliance should have an air filter on it. Air filters for home use are rated using a *Minimum Efficiency Reporting Value* scale (MERV) between 1-13. To successfully keep your home's air safe, try to purchase filters between 8-13 MERV. In a common American home, the air filter should be replaced approximately once a year.



HELP THE SMOKER/VAPER IN YOUR HOME QUIT TO ELIMINATE ANY EXPOSURE.

To entirely eliminate secondhand smoke exposure in your home, help the smoker or vaper in your family quit. You can find resources below:

For more tips and information, click here for the CDC's Guide for Quitting Smoking

TO DEAL WITH A TOBACCO ADDICTION

QUIT LINES

- **American Cancer Society** (Quit for Life) 866-QUIT-4-LIFE (866-784-8454); 24 hours a day, 7 days a week (except Thanksgiving, Christmas, and July 4)
- **American Lung Association** (Lung Help Line & Tobacco Quit Line). 800-LUNGUSA (800-586-4872)
- **National Cancer Institute** (Smokefree.gov). NCI's telephone quitline: 877-44U-QUIT (877-448-7848); TTY 800-332-8615; 8 AM to 8 PM ET, Monday through Friday (English and Spanish)
 - **LiveHelp**, live online chat assistance, is available 8 AM to 11 PM ET, Monday through Friday (English only).
- **U.S. Department of Health and Human Services** (BeTobaccoFree)

Local and state: 800-QUIT-NOW (800-784-8669)



TO DEAL WITH A TOBACCO ADDICTION:

SUPPORT GROUPS

- [Truth Initiative: Become an EX](#)
- [American Lung Association: Freedom From Smoking](#)
- [QuitNet](#)
- [Nicotine Anonymous](#)

MOBILE APPS

- [Smokefree.gov: QuitSTART](#)
- [LIVESTRONG: MyQuit Coach](#)



[4] [Cancer.net. Resources to Help You Quit Smoking](#)