

# Smoking Cessation

## Secondhand Smoke

### "Let's Clear the Air"

Information about the risks associated with secondhand smoke and tips on how to avoid it.

### What is Secondhand Smoke?

Secondhand smoke comes from two sources: Smoke exhaled by the person who is smoking (passive smoke) and smoke from the burning cigarette (sidestream smoke). Secondhand smoke is just as dangerous, if not worse, than direct inhalation. Sidestream smoke actually has higher concentrations of certain harmful compounds than mainstream smoke does.

As an involuntary smoker, you breathe less tobacco smoke than a smoker because it gets mixed in with the air. Nonetheless, the EPA estimates that 3,000 non-smokers die annually due to lung cancer as a result of secondhand smoke.

### Secondhand Smoke Links

- [American Cancer Society](#)
- [U.S. Environmental Protection Agency](#)
- [American Lung Association](#)
- [American Association for Respiratory Care](#)

LifeQuest wants to help you quit. The following links will help get you started.

- [QuitNet.org](#) (This site has interactive quizzes designed to help you quit smoking.)
- [Comprehensive Information on Tobacco](#)
- [American Cancer Society](#)
- [The Master Anti-Smoking Page](#) (This page is designed to help everyone, but especially young people, stop smoking.)