



The Health Effects of Smoking and Vaping on Pets

Smoking or vaping can affect, or even harm, your pets. Quitting, cutting back, or avoiding smoking and vaping at home can protect you, your family and your pets.

How can pets be affected by smoking and vaping?

- Animals can breathe in **secondhand smoke**. Many pets, such as cats and dogs, spend much of their time near the floor where nicotine levels in smoke are higher.
- **Dropped cigarette butts, vape cartridges and nicotine medications** may contain nicotine and other chemicals that can be toxic to pets if swallowed.
- Smoke- or vape-related toxins on your cat's fur or bird's feathers may be ingested during **grooming or preening**.

What are the health effects of smoking and vaping on pets?

- Dogs that live with people who smoke are at higher risk of nasal and lung cancer.
- Cats that live with people who smoke are at higher risk of lymphoma (cancer of the lymphatic system).
- Birds that live with people who smoke can develop pneumonia, lung cancer, and eye, skin, heart and fertility issues.
- Pets may be at risk of deadly nicotine toxicity within 15 to 30 minutes of swallowing vape cartridge contents.

What can I do to protect my pets?

- **Make your home smoke- and vape-free.**
 - No- and low-cost tobacco treatment options, including medications and counseling, are available to help you quit, cut back, or avoid smoking or vaping in specific situations (such as when at home with pets).
 - Talk to your health care provider about which tobacco treatment medication options (available at on.nyc.gov/tobacco-treatment-guide) might work best for you. Most health insurance plans (available at on.nyc.gov/tobacco-insurance-guide), including Medicaid, cover tobacco treatment.
 - If you are ready to quit, you can also:
 - Visit nysmokefree.com or call 866-NY-QUITS (866-697-8487) to talk to a quit coach. Most adults are eligible for a free starter kit of nicotine patches and lozenges.
 - If your preferred language is Chinese (800-838-8917), Korean (800-556-5564) or Vietnamese (800-778-8440), call the Asian Smokers' Quitline or visit asiansmokersquitline.org.

- New Yorkers ages 13 to 24 can also text **DROPTHEVAPE** to 88709 for free, 24/7, anonymous and confidential support to quit vaping.
- **Eliminate objects that may be hazardous to your pets**, as pets often try to eat things within easy reach.
 - Securely store nicotine medications away from your pets.
 - Securely throw away cigarette butts, vape cartridges and used nicotine medications, such as nicotine patches. For example, throw away these items in trashcan with a lid, which pets cannot open, or place items inside a box or container before discarding them.
- **Watch for signs of cancer in your pets.**
 - The American Society for the Prevention of Cruelty to Animals (ASPCA) lists common signs of cancer in:
 - Cats: [aspca.org/pet-care/cat-care/common-cat-diseases](https://www.aspca.org/pet-care/cat-care/common-cat-diseases)
 - Dogs: [aspca.org/pet-care/dog-care/common-dog-diseases](https://www.aspca.org/pet-care/dog-care/common-dog-diseases)
 - Take your pet to their veterinarian for regular checkups or if you notice any concerning signs.

For more smoking and vaping information and resources, visit nyc.gov/nycquits. For more information related to animals and health, visit nyc.gov/health/animals.