



## Risks of Secondhand Smoke Fact Sheet

**Secondhand smoke or aerosol (mist from vaping products) is harmful, no matter what substance is being smoked or vaped.**

- Secondhand smoke from tobacco or cannabis (marijuana) contains tar and cancer-causing chemicals.
  - Tobacco smoke may come from sources such as cigarettes, cigars, cigarillos, pipes or hookahs.
  - Cannabis smoke may come from sources such as joints, blunts, pipes or bongs.
- Aerosol from vaping nicotine or cannabis products also contain harmful chemicals.
- All secondhand smoke and aerosol can lower air quality, worsen asthma, and cause lung issues such as coughing and bronchitis.
  - Secondhand tobacco smoke can also cause heart disease, lung cancer and strokes.
  - In children, secondhand tobacco smoke can also cause sudden infant death syndrome (SIDS) and more frequent ear or respiratory infections.
  - The long-term risks of secondhand vaping aerosol and cannabis smoke are not yet known, but cannabis smoke can lower air quality more than tobacco smoke.

**If you smoke or vape, protect the people around you.**

- Avoid smoking or vaping indoors or near others who are not smoking or vaping.
- Keep your home smoke- or vape-free to protect those who live with you, including children and pets.
  - To learn more about how smoke and vape aerosol can affect pets, visit [on.nyc.gov/3AbSdqy](https://on.nyc.gov/3AbSdqy).
- If you do smoke or vape indoors, regularly bring in fresh, clean air from outside by opening doors and windows. Air filters and portable air cleaners can also help improve air quality together with ventilation.
- Eliminate objects that may be hazardous to your children or pets:
  - Store smoking and vaping products safely out of reach of children and pets.
  - Securely throw away used smoking and vaping products where children or pets cannot access them.
  - If you suspect your child or pet has accidentally used or swallowed tobacco or cannabis products, call 212-POISONS (212-764-7667) immediately.

**Smoking and vaping are not allowed in most workplaces and public spaces to protect people from secondhand exposure.**

- To learn more about smoke-free air laws in NYC, visit [nyc.gov/health/tobaccocontrol](https://nyc.gov/health/tobaccocontrol).

- Smoking and vaping are not allowed in indoor common areas of residential buildings with three or more units.
  - Tenants who live in a residential building with three or more units can ask their building owners to make the entire building smoke-free.
  - To learn more about policies on smoking and vaping in residential buildings, visit [nyc.gov/health](https://nyc.gov/health) and search for [smoke-free housing](#).
- If you are exposed to secondhand smoke while at work, a business or an event, notify management or security.
- You can report a smoking complaint by calling **311** or visiting [portal.311.nyc.gov/report-problems](https://portal.311.nyc.gov/report-problems).

**Help is available for tobacco, nicotine, cannabis or other substance use.**

- If you smoke cigarettes or vape nicotine products, help is available whether you want to cut back, quit, or just avoid smoking or vaping. For resources to help you meet your goals, visit [nyc.gov/nycquits](https://nyc.gov/nycquits).
  - For information and resources specifically on vaping nicotine, visit [nyc.gov/health](https://nyc.gov/health) and search for [e-cigarettes](#).
- People who struggle with cannabis or other substance use can:
  - Call or text 988 or chat online at [nyc.gov/988](https://nyc.gov/988).
  - Call the Substance Abuse and Mental Health Services Administration helpline at 800-662-HELP (800-662-4357).