

The Dangers of Secondhand Smoke Amid Wildfire Season

Secondhand smoke contains [harmful chemicals](#), some of which can cause cancer. Being exposed to drifting secondhand smoke can lead to health concerns such as: asthma attacks, respiratory infections, and ear infections among others.

People who have existing conditions such as asthma or heart disease are at high risk of suffering serious health effects caused by breathing in secondhand smoke. It is especially important for your health and wellbeing to avoid drifting secondhand smoke from both cigarettes and e-cigarettes.

California is currently experiencing a wildfire season that has led to [unhealthy air quality](#) due to a mixture of harmful air pollutants such as carbon dioxide and other particles. Breathing this air can be harmful to sensitive groups, children, and elderly who are recommended to stay indoors in order to avoid breathing the harmful air outside their homes.

Due to recommendations to stay indoors amid a wildfire season, it is important that people also protect themselves from the dangers drifting secondhand smoke as the time they spend in their home continues to increase. Ultimately there is [no safe level of exposure to secondhand smoke](#).

Everyone deserves the assurance that the air they breathe is free of secondhand smoke that can cause a lifelong chronic illness or death.

For Help Quitting Tobacco, call 1-800-NoButts or 1-800-45-No Fume