

SECONDHAND SMOKE EXPOSURE

WHAT IS SECONDHAND SMOKE?

Also known as passive smoking, secondhand cannabis smoke is smoke a person inhales involuntarily from cannabis smoked by others. Similar to secondhand smoke exposure from tobacco, people who are exposed to secondhand cannabis smoke are at risk of developing several health issues over time.

SECONDHAND SMOKE HEALTH EFFECTS

Secondhand smoke can harm others' health. Exposure to smoke may negatively impact lung health by increasing risk of asthma attacks, bronchitis, and difficulty breathing. Smoke exposure can also impact heart health by harming artery function.

SECONDHAND SMOKE EFFECTS ON CHILDREN

Families with homes that contain cannabis smoke are more likely to report negative health symptoms than those with smokefree homes. Secondhand cannabis smoke contains tetrahydrocannabinol (THC), the main psychoactive component of cannabis. Smoking cannabis around children may lead to detectable levels of THC in their bodies, increasing their risk of improper brain development. THC can impact the brain by causing poorer memory, attention, and motivation. Though more research is needed to learn about the long-term effects of secondhand cannabis smoke on youth, as a recommended precaution, keep children away from cannabis smoke.

WAYS TO REDUCE SECONDHAND SMOKE EXPOSURE INCLUDE THE FOLLOWING:



Do not smoke around children and other vulnerable populations.



Keep enclosed spaces, such as homes and cars, smoke-free.



Advocate for smoke-free workplaces, schools, and college campuses.

For additional educational resources, visit: cca.virginia.gov

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