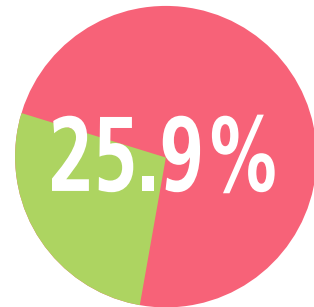


What is secondhand smoke?

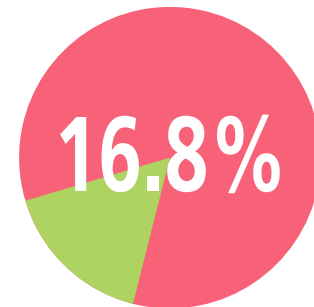


Secondhand smoke (passive smoking) is when a non-smoker breathes in smoke from the surrounding area, such as, nearby cigarette or shisha.

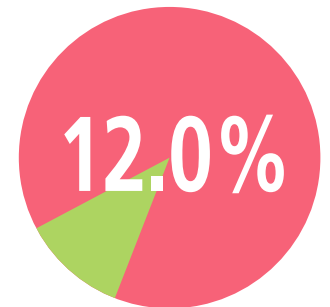
Percentage of Secondhand smoke exposure in Qatar



of adults are exposed at restaurants



of adults are exposed at home



of adults are exposed at work

What are the sources of tobacco smoke?



Cigarettes



Shisha



Cigar



Pipe



Cigarette ends

What are the effects of tobacco smoking?

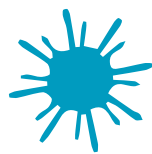
Non-smoker (Adult)



Heart and artery disease



Lung diseases



Cancer

Non-smoker (Pregnant)



Miscarriage



Early delivery



Low birth weight babies

Child



Breathing problem (Asthma, respiratory infection)



Middle ear infection



Sudden infant death syndrome (SIDS)

How to reduce secondhand smoke exposure?

- Advise smokers to smoke outdoors, as furniture and clothes absorb the harmful chemicals
- Avoid being in a car with a smoker, as only 20% of the smoke leaves through the windows
- Avoid standing near someone smoking, because most of the smoke is unseen
- Educate your children about the importance of avoiding smoking and secondhand smoke
- Visit and sit at smoke free public areas such as restaurants and cafés