

# Secondhand Smoke Quiz

How much do you know about secondhand smoke? Take this quiz from [Smokefree.gov](http://Smokefree.gov) to learn more about the dangers of secondhand smoke.

- Secondhand smoke is:
  - Smoke that is breathed out by the smoker
  - Pollution from smoke stacks and car exhaust
  - Smoke that comes from the burning end of a cigarette
  - a and c
- Secondhand smoke is annoying, but it is not really a health concern. **True or False**
- Secondhand smoke contains more than 4,000 chemicals, including some that cause cancer in humans. **True or False**
- Children exposed to secondhand smoke are more likely to have which of the following illnesses?
  - Ear infections
  - Severe and frequent asthma attacks
  - Bronchitis and pneumonia
  - All of the above
- Which one of the following is not another name for secondhand smoke?
  - Exhaled toxic cloud
  - Environmental tobacco smoke
  - Passive smoke
  - Involuntary smoking
- Which of the following chemicals does secondhand smoke contain?
  - Ammonia
  - Arsenic
  - Cyanide
  - Formaldehyde
  - All of the above
  - None of the above
- Ventilation and separate non-smoking sections can eliminate secondhand smoke exposure. **True or False**
- A healthy non-smoker must be exposed to secondhand smoke for what amount of time before experiencing negative health effects?
  - 5 minutes
  - 30 minutes
  - 3 hours
  - 8 hours
- Laws that limit where a person can smoke and reduce secondhand smoke exposure:
  - Hurt only small businesses
  - Hurt small, medium, and large businesses
  - Hurt only medium and large businesses
  - Improve profits for most businesses
- Research has shown that after laws were passed banning smoking in bars and restaurants there was a large decline within a couple of months in which of the following?
  - Lung cancer rates
  - Pneumonia requiring hospital admission
  - Heart attacks
  - Colds and flu in restaurant workers

Please see reverse side for the answers.

If you are ready to quit tobacco, you can receive free one-on-one coaching by phone with a highly trained quit coach and materials to help you quit by calling the Oklahoma Tobacco Helpline at **1-800 QUIT NOW (784-8669)** or visiting [OKhelpline.com](http://OKhelpline.com). You may be eligible for free nicotine patches, gum or lozenges.

 Free help	Oklahoma Tobacco Helpline	
	<b>1 800</b>	<b>QUIT NOW</b>
	784-8669	OKhelpline.com

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[ShapeYourFutureOK.com](http://ShapeYourFutureOK.com)

# Correct Answers

**1. d. a and c.**

Secondhand smoke is the combination of smoke from the burning end of a cigarette (sidestream smoke) and the smoke breathed out by the smoker (mainstream smoke). It contains more than 4,000 chemicals, including more than 60 known carcinogens, nicotine, and carbon monoxide.

**2. False.**

Secondhand smoke is the third leading preventable cause of disability and early death (after smoking and alcohol) in the United States. Secondhand smoke causes 3,000 lung cancer deaths and more than 50,000 coronary heart disease deaths each year in the United States.

**3. True.**

The Environmental Protection Agency (EPA) classifies secondhand smoke as a Group A carcinogen, a substance known to cause cancer in humans.

**4. d. All of the above.**

Children exposed to secondhand smoke are more likely to get bronchitis and pneumonia, frequent and severe asthma attacks, and ear infections. Secondhand smoke causes lung problems, including coughing, too much phlegm, wheezing, and breathlessness among school-aged kids.

**5. a. Exhaled toxic cloud.**

All the others (environmental tobacco smoke, passive smoke, and involuntary smoking) are other names for secondhand smoke.

**6. e. All of the above.**

Ammonia, arsenic, cyanide, and formaldehyde are found in secondhand smoke. These are just some of the harmful ingredients found in secondhand smoke.

**7. False.**

Ventilation and non-smoking sections do not protect people from the toxic chemicals in secondhand smoke. According to the 2006 US Surgeon General's report, eliminating smoking in indoor spaces is the ONLY way to completely protect people from secondhand smoke.

**8. a. 5 minutes.**

Within 5 minutes of being exposed, the primary artery (aorta) for blood flow from the heart to the body stiffens as much as it does for a smoker who smokes one cigarette.

**9. d. Improve business profits for most businesses.**

Research shows that clean indoor air laws improve business profits for most businesses. And the laws help smokers quit!

**10. c. Heart attacks.**

Research shows after smoking bans were put into action the number of heart attacks declined in smokers and the risk of a heart attack decreased for non-smokers.



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