



## Lung Cancer

*Awareness Month*



### Health and Wellness

**Tip of the Week**  
**Week 46**  
**November 16, 2020**

Our Mission is to promote  
health awareness and  
encourage healthy lifestyles.

### Dangers of Secondhand Smoke

Secondhand smoke harms both children and adults. Like smokers, nonsmokers exposed to secondhand smoke absorb nicotine and other bad chemicals. Tobacco smoke has about 7,000 chemicals, including over 60 that can cause cancer. You can protect your friends and family from secondhand smoke by making your homes and cars smoke free. There is no risk-free level of secondhand smoke. Be alert when you are in a public place that allows smoking and avoid the dangers of secondhand smoking all together.



*Source: Centers for Disease and Control*

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