

What is second-hand smoke?

Second-hand tobacco smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar and the smoke breathed out by smokers. It is more than just a nuisance it is a known health hazard

- second-hand smoke (SHS) contains more than 4,000 different chemicals. At least 250 of them are known to be toxic or to cause cancer – including lead, cyanide and arsenic
- SHS can seep invisibly into or out of open windows or doors. Even when a cigarette is stubbed out the unseen poisons in the smoke can stay around for up to 5 hours. So smoke can still be there even when you can't see it or smell it

Second-hand smoke can be harmful to your pet

- researchers have found that long-nosed breeds of dogs exposed to SHS are more susceptible to nasal cancer; while short and medium-nosed dogs are more likely to develop lung cancer if they live in a smoking household
- cats exposed to SHS were found to have an increased risk of developing feline lymphoma, a deadly form of cancer. Research also links SHS with oral cancer in cats, which may be because of the way they groom themselves
- birds' lungs are highly sensitive to pollutants; breathing in SHS can lead to pneumonia and respiratory cancer
- studies suggest that rabbits and guinea pigs are also likely to be vulnerable to the SHS exposure
- not only is SHS harmful to pets; nicotine poisoning can be toxic animals. So cigarette butts, leaf tobacco and cigar stubs also pose a threat to pets. Store any nicotine patches, gums, or e-cigarette refills in a safe place, out of reach of your pets

How to protect your pets

if you can, then the best way to protect your pets is to make your home completely smoke-free. Take any smoking right outside, and close the door behind you. Find out more at www.rightoutside.org/

- tell your family and friends that you want to protect your pets and ask for their support
- need help to stop smoking? Visit: www.canstopsmoking.com or call Smokeline free on 0800 84 84 84 7 days a week: 8am - 10pm.