

SECOND-HAND SMOKE

Second-hand smoke is the smoke from someone else's cigarette.

- It contains over 7,000 chemicals, including many that cause cancer.
- Children and babies are especially vulnerable because their lungs are still developing. It can increase the risk of asthma and chest infections in children.
- Pets exposed to smoke have a higher risk of cancer and lung disease.



80% of
cigarette smoke
is invisible.

MYTHS

There are lots of myths about second-hand smoke, **but the truth is:**



“Opening a window will clear the smoke.”

Opening windows does not remove the harmful chemicals.



“If the smoke has gone it's fine.”

Smoke chemicals can stick to clothes, furniture and surfaces. This is called third-hand smoke.



“Smoking in the car with a window open is OK.”

Smoke in cars can reach dangerous levels even with windows open.

HELP TO QUIT SMOKING

HELPMEQUIT.WALES

0800 085 2219 | HMQ TO 80818

MWG AIL-LAW

Mwg ail-law yw'r mwg o sigarét rhywun arall.

- Mae'n cynnwys dros 7,000 o gemegau, gan gynnwys llawer sy'n achosi cancer.
- Mae plant a babanod yn arbennig o agored i niwed gan fod eu hysgyfaint yn dal i ddatblygu. Gall gynyddu'r risg o asthma a heintiau'r frest mewn plant.
- Mae anifeiliaid anwes sy'n cael eu hamlygu i fwg mewn mwy o berygl o ganser a chlefyd yr ysgyfaint.



Mae 80% o fwg sigaréts yn anweledig.

MYTHAU

Mae 'na lawer o fythau am fwg ail-law, ond y gwir yw:

1

“Bydd agor ffenestr yn clirio'r mwg.”

Dydy agor ffenestri ddim yn tynnu'r cemegau niweidiol.

3

“Mae smygu yn y car gyda'r ffenestr ar agor yn iawn.”

Gall lefelau mwg mewn ceir gyrraedd lefelau peryglus hyd yn oed gyda'r ffenestri ar agor.

2

“Os yw'r mwg wedi diflannu, mae'n iawn.”

Gall cemegau o'r mwg lynu wrth ddillad, dodrefn ac arwynebau. Gelwir hyn yn fwg trydydd-law.

HELPU I ROI'R
GORAU I YSMYGU

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