

SECONDHAND SMOKE EXPOSURE



VIRGINIA
Cannabis
Control
Authority

WHAT IS SECONDHAND SMOKE?

Also known as passive smoking, secondhand marijuana smoke is smoke a person inhales involuntarily from marijuana smoked by others. Similar to secondhand smoke exposure from tobacco, people who are exposed to secondhand smoke from marijuana are at risk of developing several health issues over time.

SECONDHAND SMOKE HEALTH EFFECTS

Secondhand smoke can harm the physical health of those exposed. Exposure to smoke can negatively impact lung health by increasing risk of asthma attacks, bronchitis, and difficulty breathing. Smoke exposure can also impact heart function by adversely affecting artery dilation.

SECONDHAND SMOKE EFFECTS ON CHILDREN

Families with homes that contain marijuana smoke have greater odds of reporting negative health symptoms. Secondhand marijuana smoke contains tetrahydrocannabinol (THC), the psychoactive component of marijuana. Smoking marijuana around children can lead to detectable levels of THC in their bodies, increasing their risk of improper brain development. Impacts THC can have on the developing brain include poorer memory, attention, and motivation. Though more research is needed to learn about the long-term effects of secondhand marijuana smoke on youth, keeping children away from marijuana smoke is a recommended health precaution.

WAYS TO REDUCE SECONDHAND SMOKE EXPOSURE INCLUDE THE FOLLOWING:



**DO NOT SMOKE
AROUND CHILDREN
AND OTHER
VULNERABLE
POPULATIONS.**



**KEEP ENCLOSED
SPACES, SUCH AS
HOMES AND CARS,
SMOKE-FREE.**



**ADVOCATE FOR
SMOKE-FREE
WORKPLACES,
SCHOOLS, AND
COLLEGE CAMPUSES.**