

Secondhand Marijuana Smoke and Kids

What is Secondhand Marijuana Smoke?

- Marijuana smoke is created by burning parts of the cannabis plant.
- Secondhand marijuana smoke is a mix of smoke exhaled by a smoker and smoke from a burning cannabis product.

Health Risks

Secondhand marijuana smoke is linked to harmful health effects, but more research is needed.

- It contains many of the same cancer-causing chemicals as secondhand cigarette smoke.¹
- It has higher amounts of tar and ammonia than in secondhand cigarette smoke, with twice the amount of hydrogen cyanide.²
- Secondhand marijuana smoke can create longer-lasting effects on blood vessel function than with secondhand cigarette smoke.³
- Kids who are exposed to indoor secondhand marijuana smoke are maybe more likely to experience:⁴
 - » Ear infections
 - » Bronchitis/Bronchiolitis
 - » Asthma
 - » Skin Conditions

How to Keep Kids Safe¹

- Don't allow anyone to smoke around your kids, ever.
- Teach your kids about secondhand smoke and how to stay away from it.
- If you smoke marijuana, avoid smoking around your kids. Make your home and car smoke-free zones.
- The best thing for you and your kids is to not smoke at all.⁵
 - » For help quitting marijuana: Substance Abuse Treatment Referral Line 800-662-4357 or https://www.dhcs.ca.gov/individuals/Pages/SUD_County_Access_Lines.aspx



¹ Raise smoke free kids - marijuana smoke. Raise Smoke Free Kids - Marijuana Smoke | American Lung Association. (n.d.) September 2021 <https://www.lung.org/local-content/co/raise-smoke-free-kids/marijuana-smoke>. September 2021

² Find out why secondhand smoke is harmful. Tobacco Free CA. July 2021. <https://tobaccofreeca.com/secondhand-smoke/what-you-need-to-know-about-all-secondhand-smoke-and-vape>

³ Secondhand marijuana smoke fact sheet - American nonsmokers' rights foundation. no. (2021, October 7). <https://no-smoke.org/secondhand-marijuana-smoke-fact-sheet/>.

⁴ Johnson, A. B., Wang, G. S., Wilson, K., Cline, D. M., Craven, T. E., Slaven, S., ... & Mistry, R. D. (2021). Association between secondhand marijuana smoke and respiratory infections in children. *Pediatric Research*, 1-6.

⁵ Claire McCarthy, M. D. (2018, June 5). Secondhand marijuana smoke and kids. *Harvard Health*. <https://www.health.harvard.edu/blog/secondhand-marijuana-smoke-and-kids-2018060514012>