



**WORKING FOR A
HEALTHIER TN**



How Bad Is Secondhand Smoke? Quiz

Source: smokefree.gov

(1) Secondhand smoke is...

- a. Smoke that is breathed out by the smoker
- b. Pollution from smokestacks and car exhaust
- c. Smoke that comes from the burning end of a cigarette
- d. A and C

(2) Secondhand smoke is annoying, but it is not really a health concern.

- a. True
- b. False

(3) Secondhand smoke contains more than 4,000 chemicals, including some that cause cancer in humans.

- a. True
- b. False

(4) Children exposed to secondhand smoke are more likely to have which of the following illnesses?

- a. Ear infections
- b. Severe and frequent asthma attacks
- c. Bronchitis and pneumonia
- d. All of the above

(5) Which one of the following is not another name for secondhand smoke?

- a. Exhaled toxic cloud
- b. Environmental tobacco smoke
- c. Passive smoke
- d. Involuntary smoking

(6) Which of the following chemicals does secondhand smoke contain?

- a. Ammonia
- b. Arsenic
- c. Cyanide

- d. Formaldehyde
- e. All of the above
- f. None of the above

(7) Ventilation and separate non-smoking sections can eliminate secondhand smoke exposure.

- a. True
- b. False

(8) A healthy non-smoker must be exposed to secondhand smoke for what amount of time before experiencing negative health effects?

- a. 5 minute
- b. 30 minutes
- c. 3 hours
- d. 8 hours

(9) Laws that limit where a person can smoke and reduce secondhand smoke exposure...

- a. Hurt only small businesses
- b. Hurt small, medium, and large businesses
- c. Hurt only medium and large businesses
- d. Improve profits for most businesses

(10) Research has shown that after laws were passed banning smoking in bars and restaurants there was a large decline within a couple of months in which of the following?

- a. Lung cancer rates
- b. Pneumonia requiring hospital admission
- c. Heart attacks
- d. Colds and flu in restaurant workers

Help your department's Wellness Council earn points towards a fiscal year wellness award by submitting your completed quiz to WFHT.TN@tn.gov

NAME: _____

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