



**WORKING FOR A  
HEALTHIER TN**



## How Bad Is Secondhand Smoke? Quiz

Source: [smokefree.gov](http://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](mailto:WFHT.TN@tn.gov)***

**NAME:** \_\_\_\_\_

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