SECONDHAND SMOKE IN CARS FACT SHEET


- People can begin to feel the effects of small airborne particle pollution when daily outdoor concentrations measure above 15 micrograms per cubic meter ($\mu g/m^3$). When these levels are more than 40 $\mu g/m^3$, the U.S. EPA considers them “unhealthy.” (Note 1)
- With a passenger window fully open in a car traveling at 20 miles per hour, continuous smoking will raise the average concentration of small secondhand smoke particles to twice the unhealthy level. (Note 2)
- Under the same conditions, peak concentrations of secondhand smoke particles can reach nearly ten times the unhealthy level. (Note 2)

II. PEAK SECONDHAND SMOKE LEVELS IN CARS CAN FAR EXCEED THE U.S. EPA “HAZARDOUS” LEVEL UNDER CERTAIN CONDITIONS.

- Daily concentrations of small air pollution particles greater than 250 $\mu g/m^3$ are considered “hazardous” under the U.S. EPA’s Air Quality Index. (Note 1)
- Peak secondhand smoke concentrations measured in a car with the windows closed were found in the range of 3,000 to 4,000 $\mu g/m^3$. (Note 2)
- Peak measurements of secondhand smoke concentrations exceeded 1,000 $\mu g/m^3$ when measured in a car with the air conditioning system on and the windows closed. (Note 2)

III. EXPOSURE TO SECONDHAND SMOKE PARTICLES IN A CAR CAN EXCEED THE U.S. EPA’S 24-HOUR HEALTH-BASED STANDARD.

- The U.S. EPA has set a daily standard for small particle air pollution (PM$_{2.5}$) of 35 $\mu g/m^3$. (Note 1)
- This 24-hour average limit could be exceeded in approximately 20 minutes in a car with someone smoking and the windows closed. (Note 2)
- With a continuous smoker in a car with the windows open, this 24-hour average limit could be exceeded in approximately two hours. (Note 2)

IV. SECONDHAND SMOKE IN A CAR CAN EXCEED THE WORST DAILY PARTICLE AIR POLLUTION LEVELS IN THE STATE.

- In 2006, the highest daily average fine particle concentration in the state was 78 $\mu g/m^3$ (PM$_{2.5}$) in the Sacramento Valley. (Note 3)
The mean PM$_{2.5}$ level measured in a parked car with the windows open, after one cigarette was smoked was measured at 82.4 µg/m$^3$. (Note 2)

V. **CIGARETTE SMOKE PARTICLE EXPOSURE IN A CLOSED CAR IS COMPARABLE TO THE EXPOSURE A FIREFIGHTER MIGHT RECEIVE OVER FOUR TO EIGHT HOURS FIGHTING A CALIFORNIA WILDFIRE.**

- The peak level of secondhand smoke particle concentration measured in a car traveling at 60 miles per hour (windows closed and the air conditioning on maximum) reached nearly 4,000 µg/m$^3$. (Note 2)
- Average firefighter exposure in California (during a wildfire) has been reported as 1,750 µg/m$^3$ of small particles (4-hour or 8-hour Time Weighted Average). (Note 4)
- Peak levels of small particle air pollution exposure that wildlife firefighters receive can be up to 5,000 µg/m$^3$ or more. (Note 5)

VI. **ONE SMOKER EMITS FIVE TIMES MORE FINE PARTICLES INTO A CAR THAN THOSE EMITTED PER-MILE BY A CAR’S TAILPIPE.**

- On average, cars have been reported to emit 200 µg of fine particulate matter per-mile when warmed up; in contrast, a smoker can emit over 10,000 µg of fine particulate matter into the cabin of the car when they smoke a single cigarette. (Note 6).

VII. **THE CONCENTRATION OF SECONDHAND SMOKE IN CARS CAN EXCEED THAT IN HOMES AND BARS BY TEN TO ONE HUNDRED TIMES.**

- In bars, multiple smokers can raise small particle concentrations from 30 to 60 µg /m$^3$. (Note 7)
- A cigarette smoked in a bedroom can raise the level to 300 µg /m$^3$. (Note 8)
- In contrast, secondhand smoke particle concentrations inside cars, which have a much smaller volume of air to dilute the smoke, can be 400 to 3000 µg /m$^3$. (Note 2)

VIII. **SECONDHAND SMOKE HAS WELL-DOCUMENTED ACUTE HEALTH EFFECTS.**

- Secondhand smoke has been associated with long-term health effects including lung cancer and heart disease deaths; the serious short term, acute effects of exposure to secondhand smoke include: asthma attacks, respiratory infections, nasal and eye irritation, and lung irritation (cough and wheeze). (Note 9)

VIV. **SOME OF THE MORE THAN 4,000 CHEMICAL COMPOUNDS FOUND IN SECONDHAND SMOKE (also known as Environmental Tobacco Smoke or ETS) INCLUDE: BUTADIENE, ARSENIC, BENZENE, BENZO[a]PYRENE, CHROMIUM VI, AND FORMALDEHYDE.**

- These compounds and others have been previously identified as carcinogens by the U.S. EPA, and as toxic air contaminants by the California Air Resources Board.
- ETS itself was identified by the California Air Resources Board as a toxic air contaminant in January 2006.
Small particles, or “respirable” particles, are those that measure 2.5 micrometers or less in diameter (PM$_{2.5}$). These particles are considered hazardous to human health because they can deposit deep inside the lung. Virtually all particles from a burning cigarette are measured in this range.

Links and References:


(Note 3) California Air Resources Board, Summary of Air Quality by Region: [http://www.arb.ca.gov/adam/welcome.html](http://www.arb.ca.gov/adam/welcome.html); Selected from the “worst sites” in each of the 5 most populated regions: “Worst Sites” are the 2 monitoring sites for PM2.5 that experienced the highest number of days over the pollutant type's relevant standard during the years selected.


