



Fact Sheet

In an effort to protect the public from secondhand smoke, the Durham County Board of Health Smoking Rule was adopted and went into effect on August 1, 2012. Most recently, the Smoking Rule was amended to include e-cigarettes, effective January 1, 2016.

Smoking, including e-cigarette use is prohibited in the following places:

- Durham County Government Grounds (such as the Human Services Building, Courthouse etc.)
- City of Durham Grounds (such as the City Hall, Police Department etc.)
- City and County bus stops (including a radius extending 100 feet from the bus stop but excluding private property within that radius)
- City of Durham Parks System including all recreation centers, playgrounds and athletic fields;
- Durham County Trails and Parks;
- Durham County Transportation Center and Durham Train Station (except as specifically designated);
- Sidewalks that are owned, leased, maintained or occupied by the City or County of Durham and abut the grounds of Durham County, the City of Durham, any public school or hospital.

According to the Centers for Disease Control and Prevention (CDC), tobacco use and secondhand smoke exposure are leading preventable causes of illness and premature death in North Carolina and the nation.

Impact of secondhand smoke

Secondhand smoke contains more than 7,000 chemicals, hundreds of which are toxic (such as formaldehyde, arsenic and lead) and about 70 can cause cancer.

The 2006 U.S. Surgeon General's report stated that "Breathing even a little secondhand smoke can be harmful." The Surgeon General has concluded that the only way to fully protect yourself and your loved ones from the dangers of secondhand smoke is through 100% smoke-free environments.

E-cigarettes, or electronic cigarettes are devices that allow users to mimic the ritual smoking a cigarette while inhaling nicotine. E-cigarettes generally emit lower levels of dangerous toxins than combusted cigarettes. In addition to nicotine, they can contain heavy metals, ultrafine particulate and cancer-causing agents such as acrolein. E-cigarette aerosol is not harmless water vapor and is not as safe as clean air.¹

There is no risk-free level of secondhand smoke, and even brief exposure can cause immediate harm.² Establishing a 100% smoke-free environment is the only effective way to fully protect nonsmokers from secondhand smoke.^{2,3,4,5}

1 Centers for Disease Control and Prevention. [Electronic Nicotine Delivery Systems: Key Facts](#). CDC Office on Smoking and Health

2 U.S. Department of Health and Human Services. [A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You](#). Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010 [accessed 2014 Apr 25].

3 U.S. Department of Health and Human Services. [The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General](#). Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 [accessed 2014 Apr 25].

4 World Health Organization (WHO). [Protection from Exposure to Secondhand Tobacco Smoke: Policy Recommendations](#). WHO Press, 2007 [accessed 2014 Apr 25].

5 American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE). [ASHRAE Position Document on Environmental Tobacco Smoke](#). Atlanta: ASHRAE, 2010 [accessed 2014 Apr 25].