

What to do if you are accidentally exposed to second-hand smoke or vapours

- In BC, there are no confirmed overdoses from second-hand smoke or vapour exposure
- An exposure is different from an overdose. You may feel some effects from an exposure (such as light-headedness) but these go away when you get fresh air.
- Risks of health impacts are higher with indoor, long-term exposure to smoke or vapours
- Risks of health impacts are lower for accidental, short-term exposure to smoke or vapours

If you are accidentally exposed to smoke or vapour:

- Open windows and doors or go outside to get fresh air
- Consider showering and washing your clothes
- Connect with health and social services if symptoms persist for more than 30 minutes

