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