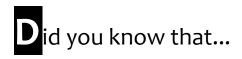
ETS - ASTHMA

Asthma & Smoking



Secondhand smoke can trigger childhood asthma. Children of smokers are more likely to get asthma than children of non-smokers.

What is Secondhand Smoke?

Secondhand smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar and the smoke exhaled from the lungs of smokers. Secondhand smoke can cause cancer.

What is Asthma?

Asthma is a chronic (long lasting) disease that includes periods of coughing, wheezing and/or troubled breathing. Symptoms occur when the lungs' airways become inflamed (swollen) and when the airways constrict (close down).

How do I know if my child has Asthma?

Common signs of asthma are:

- Wheezing or whistling sounds during breathing
- Shortness of breath
- Difficulty being as active as other children the same age
- Coughing, especially at night.

Who is likely to develop Asthma?

- 1. Children are more likely to develop asthma when one or both parents have asthma.
- 2. Secondhand smoke triggers up to 1,000,000 asthma attacks in children each year.
- 3. Being around tobacco smoke causes asthma attacks to be more severe.
- 4. Healthy babies born to women who smoked during pregnancy are more likely to develop asthma.



Tips for Protecting Your Child

- Do not smoke in your home or car or allow others to do so.
- Do not smoke where children are present, especially infants and toddlers.
- Do not allow baby-sitters or others who work in your home to smoke in your house or near your children.
- Ask about your day care provider's smoking policy.

Quitting smoking isn't easy.

If you or any of your family members would like **FREE** help to quit or cut back, call the Partnership for Smoke-Free Families Helpline (toll free) at: **1-800-662-8887**

