

# Sudden Infant Death Syndrome & Smoking



**D**id you know that...

*Infants whose mothers smoke during and after pregnancy are more likely to die from Sudden Infant Death Syndrome (SIDS) than infants of non-smoking mothers.*

## What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant that remains unexplained after an autopsy, examination of the death scene, and review of the medical history.

## SIDS Facts

- SIDS is the leading cause of death among infants between one month and one year of age.
- In the United States more than 2,300 infants die from SIDS each year.
- Most infants who die of SIDS are between two and four months of age.
- SIDS is **NOT** caused by suffocation, choking, immunizations or vaccinations.

## What makes a baby more likely to die from SIDS?

Exposure to cigarette smoke during and after pregnancy

Tummy or side sleeping

Soft surfaces and loose bedding in the crib

Overheating (too many blankets, being overdressed)

Bed sharing with a smoker

Weighing less than 5½ pounds at birth

Prenatal exposure to alcohol, cocaine, or opiates such as heroin, oxycontin, and morphine.

## Tips to Reduce the Risk of SIDS

- ✓ Always put your healthy baby on its back to go to sleep; remember **"BACK TO SLEEP"**
- ✓ Do not smoke or let others smoke around your baby.

## 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**

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# Secondhand Smoke & Childhood Illnesses



**D**id you know that...

*Secondhand smoke is very harmful to infants and children. Children who are around smoke have a greater chance of getting ear infections, colds, and pneumonia.*

## *What is Secondhand Smoke?*

Secondhand smoke is a mixture of the smoke given off by the burning end of a cigarette, cigar or pipe and the smoke exhaled from the lungs of smokers. Secondhand smoke can cause cancer in adults who have never smoked.

## *Five Reasons to Make Your Home Smoke-Free*

1. Children who live in a home where someone smokes have more respiratory problems compared to children in non-smoking homes.
2. Children who live in a home where someone smokes are five times more likely to have ear infections.
3. Secondhand smoke triggers up to 1,000,000 asthma attacks in children every year.
4. Children whose parents smoke are more likely to become smokers themselves.
5. Children whose parents smoke are more likely to have behavior problems and trouble with school work.

## **There is no safe way to smoke.**

**The invisible toxic particles from cigarette smoke stay in a room for hours after the cigarette has been smoked and even if you only smoke outside, toxic particles can stay on hair, clothes, and skin.**

## 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.

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# Asthma & Smoking

**D**id you know that...

*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

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- Do not allow baby-sitters or others who work in your home to smoke in your house or near your children.
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