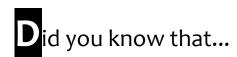
# Secondhand Smoke & Childhood Illnesses



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.

# 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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