

Asthma & Smoking

Did 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

- 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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