

Secondhand Smoke & Childhood Illnesses



Did 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.

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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