

# Secondhand smoke hurts you and your children.

But there is something you can do.

## Secondhand smoke comes from two places:

- 1 smoke breathed out by the person who smokes
- 2 smoke from the end of a burning cigarette, cigar or pipe

## Secondhand smoke is especially harmful to children. It causes some problems and makes others worse:

- asthma
- bronchitis
- pneumonia
- Sudden Infant Death Syndrome (SIDS)
- colds
- ear infections
- coughing/wheezing
- breathing problems
- eye irritation
- allergies

## How you can protect yourself and your children from secondhand smoke:

### Ready to quit?

The #1 best thing you can do is to stop smoking. Quitting would improve your health and the health



of your children. If you're getting ready to quit, call toll-free 1-877-YES-QUIT (937-7848) for phone coaching, self-help material or a referral to local quitting resources.

### Not ready to quit?

Remind yourself that there are many things you can do **NOW** to protect your children:

- I can cut down on my smoking.
- I won't smoke inside my home or car.
- I won't smoke when children are present.
- I'll ask family and friends to leave their smoke outside.
- I'll make sure there is no smoking at my child's day care.

## Your children need protection outside too.

Even when children are outside, they can be harmed by smoke that is near them. Think of your children as "smoke-free zones" no matter where they are. Keep smoke far, far away from them.

## You and your children have a right to breathe clean air.

Speak up. You can protect yourself and your children from secondhand smoke.

Even though you can't always see or smell cigarette smoke in the air, the chemicals from tobacco are still there.

