

Before You Light Up, Look Down.

Protect Your Children from Secondhand Smoke

What is secondhand smoke?

Secondhand smoke comes from a burning cigarette. Secondhand smoke stays in clothing, hair, furniture, curtains, and carpets even after a cigarette is put out. Secondhand smoke can make children and adults sick.

Secondhand smoke contains poisons.

Secondhand smoke contains over 4,000 chemicals and poisons, including lead and ammonia. When you breathe secondhand smoke, you inhale the same chemicals as smokers do.

No amount of secondhand smoke is safe.

Secondhand smoke is dangerous, even if you can't smell it. Opening a window, sitting in a separate area, or using air filters or a fan does not get rid of secondhand smoke.

Secondhand smoke causes ear infections.

Children who breathe it need more operations to put in ear tubes to drain fluid.

Secondhand smoke causes asthma attacks in children.

- Wheezing and coughing are more common.
- Children with asthma have worse attacks and have attacks more often.
- A severe asthma attack can put a child's life in danger.

Give your children smoke-free lives.

- Do not let anyone smoke around your children.
- Make your home and car smoke-free.
- Ask guests or family members who smoke to smoke outdoors.

If you smoke, the best way to protect your children is to quit. You will be more likely to quit for good if you use the patch, gum, or prescription medicine, instead of trying to quit on your own.

If you feel you just can't quit right now, smoke outdoors, away from others.

Remember, most smokers try to quit a few times before they quit for good. If you've tried to quit before, you can try again.

FREE TELEPHONE SUPPORT IS AVAILABLE FOR ALL SMOKERS AND THEIR FAMILIES AT **1-800-Try-to-STOP (1-800-879-8678)**.