

# Secondhand Smoke Hurts Your Health

*Protect your family*



***Secondhand smoke is the combination of smoke from the burning end of a cigarette, cigar or pipe and the smoke exhaled by smokers.***

***There is NO safe level of secondhand smoke. It has more than 7000 toxic chemicals, including more than 70 known to cause cancer.***

## **BREATHING SECONDHAND SMOKE HURTS KIDS**

- Secondhand smoke is especially harmful to children. It can cause health problems like bronchitis, pneumonia, colds and ear infections. Children who get sick tend to stay sick longer.
- It can make other health problems worse like asthma, allergies and coughing/wheezing.
- Babies exposed to secondhand smoke have a higher risk of dying from sudden infant death syndrome (SIDS). It can cause low birth weight in infants and decreased lung function as children grow up.



*E-cigarettes emit an aerosol that is not completely harmless. Similar to secondhand smoke, the vapor can contain heavy metals, ultrafine particles that can be inhaled and cancer-causing agents.*

## **PROTECT YOUR FAMILY FROM SECONDHAND SMOKE**

- Don't smoke in your home and tell guests that you do not allow smoking.
- Ask those who must smoke to go outside.
- Make your car smoke-free as well.
- Quit tobacco and encourage family members who smoke to also get help quitting.



### **DON'T FORGET BABYSITTERS AND DAYCARE**

Insist that babysitters (including grandma and grandpa) **DO NOT** smoke around your children.

## **Get Help Quitting**

*Free coaching and cessation medications are available from NDQuits. Call or go online to get help quitting.*

# **NDQuits**

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