

Secondhand Smoke

It Hurts You and Your Children, But There is Something You Can Do!

Tobacco smoke contains nearly 4,000 chemicals that can make you and your children ill. Secondhand and thirdhand smoke comes from two places:

- Smoke breathed out by the person who smokes
- Smoke from the end of a burning cigarette, cigar, or pipe
- Toxic particles that fall to clothing and surfaces, like carpeting.



Secondhand and thirdhand smoke are especially harmful to children. They cause some problems and make others worse:

- Asthma
- Bronchitis
- Pneumonia
- Sudden Infant Death Syndrome (SIDS)
- Colds
- Ear Infections
- Coughing/wheezing
- Breathing problems
- Eye irritation
- Allergies

Protect yourself and your children from secondhand smoke. If you smoke:

- The #1 best thing you can do is to stop smoking. Talk with a medical provider.
Call 1-800-QUIT-NOW or visit www.TryToStopNH.org
- If you are not ready to quit, there are still things you can do NOW to protect your children.
Remind yourself:

I can cut down on my smoking.

I'll make sure there is no smoking at my child's care provider.

I won't smoke when children are present.

I won't smoke inside my home or car.

I won't allow others to smoke in my home or car.

If others in your home still smoke, create some safety rules:

- Make them smoke outside only.
- Have a "smoking jacket" for outdoors, take it off when you enter the home.

**You and your children have a right to breathe clean air.
Speak up! You can protect yourself and your children
from secondhand smoke.**

For more Fact Sheets please go to www.ParentHelpNH.org



Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org