

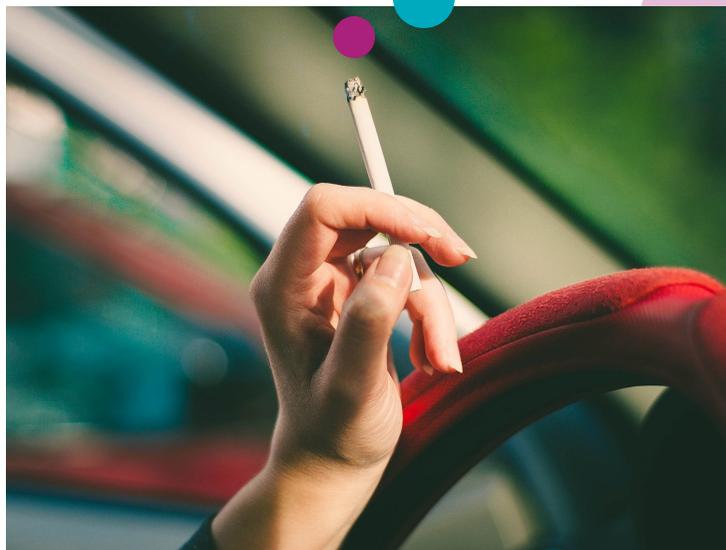
SECONDHAND SMOKE & CHILDREN

Staying smokefree is important. Tobacco smoke contains a deadly mix of more than 7,000 chemicals.

CHILDREN EXPOSED TO SMOKE

No amount of smoke is safe. Even if you can't smell it, cigarette smoke can still harm your child. When your child is exposed to smoke, you can expect him or her to have:

- Ear infections
- Coughs and chest colds
- Asthma attacks and wheezing problems
- Risk for bronchitis or pneumonia (lung problems)



A TIP ABOUT
SECONDHAND
SMOKE

***DON'T BE SHY ABOUT
TELLING PEOPLE NOT TO
SMOKE AROUND YOUR KIDS.***

Aden, Age 7
Jessica, His mother
New York



4 out of 10 U.S. kids are exposed to secondhand smoke. For Aden, it triggers his asthma attacks. Keep kids smoke-free. If someone you know wants free help, call **1-800-QUIT-NOW**.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
CDC.gov/tips

WHAT IS SECONDHAND SMOKE?

Secondhand smoke comes from smoke breathed out by smokers. When children breathe secondhand smoke, it is like they are smoking, too. Secondhand smoke is made of thousands of chemicals. Many are poisons that stay in your body. **Secondhand smoke harms everyone, especially children.**



- An estimated 58 million nonsmoking Americans, including 14 million children aged 3-11 years, are exposed to secondhand smoke.
- They breathe it at home, day care, and in cars.
- American Indian adults and teens smoke more than any other group in the United States.

Smoking in another room like a bathroom or bedroom pollutes ALL the air in your home. In an apartment, smoke in one room can go through the whole building.

Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.

CHILDREN CAN'T HIDE FROM SECONDHAND SMOKE AT HOME

- To protect children, homes and apartment buildings must be smoke-free.
- Smoking outside in a hall or stairwell does not protect children inside.
- Smoke goes under doors, windows, & through cracks.
- Don't smoke at home, even when children aren't there.
- An open window or fan does not protect your child.
- Air purifiers and fresheners do not remove smoke's poisons.
- Smoke from one cigarette can stay in a room for hours.

WE MUST PROTECT CHILDREN FROM SECONDHAND SMOKE



AT HOME

- If you care for children at home, do not allow anyone to smoke inside.
- Do not let babysitters, family, or friends smoke around your children.



IN YOUR CAR

- Do not allow anyone to smoke in your car, the smell and particles linger.
- Rolling down a window does not protect passengers.



AT SCHOOL & DAY CARE

- Make sure your child's school and day care is smoke-free inside and out.
- All school events should enforce "No Smoking" zones.



IN PUBLIC

- Choose smoke-free parks, restaurants, and businesses.
- "No Smoking" sections in restaurants do not protect children from secondhand smoke.

SMOKEFREE.GOV

On this site you will find support, tips, tools, and expert advice to help you or someone you love quit smoking.

1-800-QUIT-NOW

All states have quitlines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state's quitline. Hours of operation and services vary from state to state.



Smokefree Texting Programs



Nicotine Replacement Therapy



Smokefree Social Media



Smokefree Apps



Build Your Quit Plan

REFERENCES

- https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/protect_children/native-american-population/index.html
- <https://www.cdc.gov/healthcommunication/toolstemplates/entertainmented/tips/SecondhandSmokeChildren.html>
- https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.html
- <https://www.cdc.gov/features/smokefree-home/index.html>

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