

# SMOKING AND CHILDREN'S HEALTH

**TOBACCO SMOKE HAS BEEN SHOWN TO CONTAIN HARMFUL CHEMICALS SUCH AS TRACE AMOUNTS OF FORMALDEHYDE, ARSENIC, DDT, AND CYANIDE.**

- Children who are exposed to secondhand smoke have a higher risk of serious health problems.
- **Children who breathe secondhand smoke can have more ear infections, coughs and colds, and respiratory problems, such as pneumonia and bronchitis.**

## **HARMFUL EXPOSURE TO TOBACCO SMOKE OCCURS AS:**

- **FIRSTHAND SMOKE:** The smoke the smoker inhales.
- **SECONDHAND SMOKE:** The smoke that is inhaled when you are around someone who is smoking or from the burning **cigarette, pipe, or cigar**. It also includes the vapor from a tobacco containing **vaping solution**.
- **THIRDHAND SMOKE:** This is the residue from tobacco smoke. The harmful chemicals can stick to surfaces for months after the smoke is gone. Surfaces include skin, hair, clothing, carpets, furniture, and more. There is no safe amount of secondhand or thirdhand smoke.

## **HOW DOES SMOKE EFFECT YOUR CHILD'S HEALTH?**

- Irritation to the airways that can lead to increased asthma exacerbations with cough, wheezing, and difficulty breathing.
- May also increase the incidence of colds, bronchitis, pneumonia, and ear infections.
- Asthma medications do not work as well.

## **HOW TO DECREASE EXPOSURE:**

- No one should be allowed to smoke in the house or car.
- If someone does smoke, they should smoke outside **even in the winter**.
- The child should not be around a smoker.
- It is recommended the smoker wear a jacket or shirt over their clothes, which is removed before coming inside.
- Before being around a child, the smoker needs to change their tops, wash hands and face.
- **Airing out the car, opening windows, fans, air filters, smoking in the basement or in the garage will not help.**

## **SMOKING DURING PREGNANCY INCREASES THE RISK FOR SUDDEN INFANT DEATH SYNDROME.**

The most effective measure is to quit smoking.  
Support is available by calling 1-800-784-8669 or visit [www.smokefree.gov](http://www.smokefree.gov).

