

Secondhand Smoke

Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.

There is no risk-free level of exposure to secondhand smoke. Smoking tobacco products around children can cause numerous health problems, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS). Studies show that older children whose parents smoke get sick more often. Their lungs grow less than children who do not breathe secondhand smoke, and they get more bronchitis and pneumonia. Wheezing and coughing are more common in children who breathe secondhand smoke.

Parents can help protect their children from secondhand smoke by taking the following actions:

- Do not allow anyone to smoke anywhere in or near your home.
- Do not allow anyone to smoke in your car, even with the window down.
- Make sure your children's day care centers and schools are tobacco-free.

Tips to quit: The CDC (Center for Disease Control) offers the following to help smokers quit.

“[QuitGuide](#)” is a free app that helps you understand your smoking patterns and build the skills needed to become and stay smoke free. New to “QuitGuide” in 2016 is the ability to track cravings by time of day and location. Get inspirational messages for each craving you track, which keep you focused and motivated on your smoke free journey.

Follow this link to access this resource- https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/mobile-quit-guide/index.html?s_cid=OSH_tips_D9405

Additional resources can be found at – https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quitting-resources.html?s_cid=OSH_tips_D9404

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https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm