

# SECONDHAND SMOKE: PROTECTING CHILDREN

**BECAUSE THEIR BODIES ARE STILL DEVELOPING, poisons in smoke hurt children even more than adults.**

## **Secondhand smoke causes sickness and death in babies**

- Babies whose mothers are around secondhand smoke are more likely to have lower birth weights and lung problems.
- Breathing secondhand smoke is a known cause of sudden infant death syndrome (SIDS).

## **Children are in danger**

- Even being around smoke for a short time can cause health problems.
- Children are more likely to have lung problems, ear infections, and severe asthma from being around smoke.
- Studies show that children whose parents smoke get sick more often.
  - This includes wheezing, coughing, bronchitis and pneumonia.

**GO ONLINE AND VISIT  
MYSMOKEFREESTORY.COM**  
TO DOWNLOAD A SET OF TIP CARDS TO HELP KEEP BUSINESS OWNERS AWARE OF THE DANGERS OF SECONDHAND SMOKE.

**“I stopped smoking because of the baby, but I now see what an effect smoking had on me. Now I have two reasons to not start again...his health and mine.”**

**Amber** Beloit, WI

## **What you can do to protect your child's health**

- Do not allow anyone to smoke near your child.
- Do not allow smoke in your home or car.
- Do not take your child to restaurants or other indoor public places that allow smoking.
- Teach kids to stay away from secondhand smoke.
- If you smoke, consider quitting. Talk to your doctor or call the Quit Line at 800-QUIT-NOW for help.

**MYSMOKEFREESTORY.COM**

Information for this fact sheet came from The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report from the Surgeon General, 2006.

This resource was created by the Tobacco Control Resource Center for Wisconsin • [www.tobwis.org](http://www.tobwis.org)

