



## Secondhand Smoke Protect Your Kids from It!

Secondhand smoke is harmful to everyone, and the only way to fully protect those you love is to eliminate smoking in all homes, worksites, and public places.

### What is Secondhand Smoke (SHS)?

This is smoke from both burning tobacco and all other nicotine products, such as cigarettes, cigars, pipes, and e-cigarettes.

### What health effects does SHS have on children?

In children, SHS causes ear infections, bronchitis, and pneumonia. It also triggers asthma attacks and respiratory symptoms such as coughing, sneezing, shortness of breath.



### Ventilation Myths Keeping Caregivers from Protecting Their Kids

- **Distance** – Smoking on the other side of or in a different room with closed doors and open windows does not protect kids from SHS exposure. SHS can travel through ventilation, doorways, heating and air conditioning ducts, and openings for plumbing and electrical lines.
- **Ventilation Methods** – Opening a window, turning on a fan or air purification system does not prevent SHS exposure. There is no air purification or ventilation system that can remove the extra-fine particulate matter of SHS from the air.
- **Odor** – Using odor cover-ups or scented products does not eliminate the toxic chemicals/gases or remove SHS.
- **Smoking When No One is Around** – SHS settles on all surfaces and furniture, so when people come over they are still being exposed to harmful toxins from smoking or vaping.

### Choose ONE Step to Begin Protecting Your Loved Ones from SHS Exposure

- Smoke outside, away from windows and doors
- Implement a smoke free house/property policy
- Do not allow smoking at any time where kids will be (home, car, etc.)
- Teach children how to stay away from secondhand smoke
- Role-model a tobacco and smoke-free lifestyle
- Seek restaurants/organizations that are smoke-free (a non-smoking section does not count)
- Quit smoking