

Secondhand Smoke Protect Our 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.⁽¹⁾

What is Secondhand Smoke (SHS)?

This is smoke from the burning end of tobacco products (cigarettes, cigars, pipes, etc.) and the smoke exhaled by the person smoking.⁽¹⁾

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, and shortness of breath.⁽¹⁾



Secondhand Smoke Myths⁽²⁾

- **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 from SHS or remove SHS from the air.
- **Smoking When No One is Around** – SHS settles on all surfaces and furniture which is called thirdhand smoke. So when people come over they are still being exposed to harmful toxins from smoking and vaping.

Take ONE Step to Protect Loved Ones from SHS Exposure⁽²⁾

- Smoke outside, away from windows, doors and children
- Don't allow smoking at any time or place children will be present (home, car, etc.)
- Teach children how to stay away from SHS
- Model a tobacco and smokefree lifestyle
- Implement a smokefree house/property policy
- Be honest with young people about how difficult it is to quit smoking and encourage them not to start

⁽¹⁾ Centers for Disease Control and Prevention "Secondhand Smoke (SHS) Facts." Retrieved from: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm

⁽²⁾ Centers for Disease Control and Prevention "2006 Surgeon General's Report - How to Protect Yourself and Your Loved Ones from Secondhand Smoke." Retrieved from: https://www.cdc.gov/tobacco/data_statistics/sgr/2006/pdfs/protect-from-shs.pdf