

Name: _____ Date: _____

Secondhand Smoke and Children

Infants and children who regularly breathe secondhand smoke (smoke from others) can have health, learning, and behavior problems throughout their life. There is no safe amount of secondhand smoke.

 I have ____ (number) kids living in my home right now.
They are _____ years old.

Secondhand smoke may cause:

- Sudden infant death syndrome (SIDS)
- Children to get sick more often – this means more missed school for them and missed work for you
- Lung illnesses, such as:
 - Bronchitis
 - Pneumonia
 - Asthma attacks
- Wheezing and coughing
- Ear infections and children may even need tubes put in their ears
- Learning difficulties
- Heart disease or cancer later in life



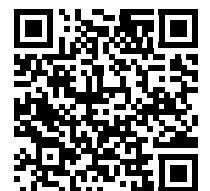
One of the best ways to keep your children away from secondhand smoke is to commit to a smoke free life! Make your home and car off limits to smoking and vaping. Talk to relatives and other caregivers about keeping their homes smoke free too, if your children will be in their home.

 Today's date: _____

I will make my home and car smoke free because:
(write your answer or draw a picture)



Children and
Secondhand
Smoke



Breathe
Healthy Steps to
Living Tobacco Free 

If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.