

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Smoking Increases Asthma Risks in Children

**(Note: This information should not be used to diagnose a medical condition. Talk to your doctor if you or your child are struggling with asthma symptoms.)**

Secondhand smoke (smoke from other people) is the #1 cause of asthma attacks! Quitting smoking is a very important step in preventing asthma attacks.

Smoking in another room or opening a window is not enough to keep smoke away from your child or another person with asthma. A smoke free home and car are important for your child's lung health. The home of babysitters, caregivers, and relatives should also be smoke free if your child will spend time there.

Talk to the other adults in your child's life to help them understand how secondhand smoke can cause your child to have an asthma attack.



**Look at the images below and circle the types of places your child might be. Put a line through it if you know the home is smoke free. If it's not smoke free, talk to the person about keeping it smoke free.**



Your Home



Relative's Home



Babysitter



Other Caregiver



Your Car



Other People's Car



**Write down how you will talk to people about protecting your child from 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](http://equitnow.com) for free, personalized support.