

# Pregnancy and Secondhand Smoke/Vapor

## Risks of Secondhand Smoke/Vapor

- Giving birth too early when baby is not fully developed
- Low birth weight, even when baby is born full term
- Infant death (from miscarriage, stillbirth, or Sudden Infant Death Syndrome-SIDS)
- Birth defects (heart defects, lip and mouth defects)

## Smoking/Vaping in the Home

Sometimes pregnant people who don't smoke/vape may live with someone who does. Pregnancy is a good time to start the conversation about making the home and car smoke/vape free to protect the baby during pregnancy and to create a safe environment to bring baby home.

## Smoke/Vape Free for Baby and Me

- Make your entire home and car smoke/vape free
- Keep away from people while they smoke/vape
- Talk to your family or friends about quitting
- Avoid houses and cars that people have smoked/vaped in

# Smoking/Vaping During Pregnancy

## Is there a safe amount of smoking/vaping during pregnancy?

No. Even a few cigarettes a day means harmful chemicals will reach your baby and damage your health.

Pregnant people who quit smoking/vaping have healthier babies. **No matter how far into your pregnancy you are, quitting will help your baby now and after they are born.** Talk with your doctor today to get help with quitting!

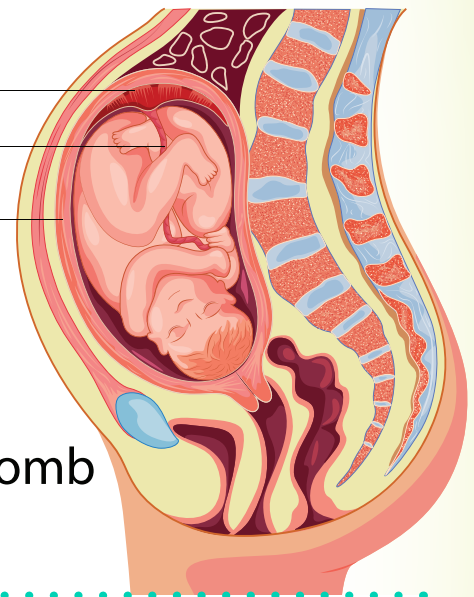
## Are e-cigarettes safe?

No. Vapor from e-cigarettes contains chemicals that cause cancer, and heavy metals that may damage the baby's developing brain.

Placenta

Cord

Uterus



Baby In Womb

## Risks of smoking/vaping while pregnant:

- Damage to the placenta, which delivers oxygen and food to the unborn baby
- Miscarriage or stillbirth
- Preterm labor (before 37 weeks of pregnancy)
- Even if a baby is born full term (40 weeks) they are often very small and have health problems because they didn't get enough oxygen and necessary nutrients while in the womb.

**Talk to your doctor to get help with quitting.**

### FREE Quit Support:

- Visit [www.smokefree.gov](http://www.smokefree.gov)
- Pregnant people: for helpful text messages, text MOM to 222888
- Liv App, a free app of resources for pregnant people
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# Secondhand Smoke/Vapor

## What is secondhand smoke/vapor?

Secondhand smoke/vapor comes from lit cigarettes, cigars, pipes, and e-cigarettes. It also comes from the smoke/vapor breathed out by a person who smokes or vapes.

**Secondhand smoke/vapor contains over 7,000 chemicals that are harmful to breathe in.** Making your home smoke/vape free is one of the most important things you can do for the health of your family.

## Risks to children:

- Sudden Infant Death Syndrome (SIDS)
- Poor lung development
- Ear infections, colds, bronchitis, and pneumonia in infants and children
- More doctor visits, missed school, and days off work to take care of a sick child
- Asthma attacks, which can be life threatening
- Serious health problems such as lung cancer and heart disease

## Ways children are exposed to secondhand smoke/vapor:

- In your home or car
- In public places
- At a caregiver or relative's house
- In parks or playgrounds
- Near entrances to stores and restaurants

# Thirdhand Smoke/Vapor

## What is thirdhand smoke/vapor?

Smoking/vaping can leave behind chemicals that stick to surfaces and can harm children: this is called thirdhand smoke/vapor.

The chemicals from smoking/vaping build up over time, making it very difficult to remove.

## Ways to reduce exposure:

- Scrub down all surfaces including toys, tables, windows, and walls with a high-quality de-greasing, but non-toxic cleaner (such as Dawn or Simple Green). Note: do not use anti-bacterial cleaners or bleach. They do nothing to clear toxic chemicals.
- Wash all clothes, bedding, towels, rugs, and curtains thoroughly.
- Vacuum carpets thoroughly.
- Mop non-carpeted floors thoroughly.

## How to protect your child:

- Do not allow anyone to smoke/vape in your home or car.
- If your child regularly rides in someone else's car, ask them not to smoke/vape in the car, even when your child isn't with them.
- Ask anyone who provides childcare for your child not to smoke/vape inside their house, even when children aren't there.
- If you smoke/vape, now is the time to quit! Talk to your doctor to learn how.

# How Smoking/Vaping Affects Children

## Setting an example

Smoking/vaping in the home affects future generations: **children who see their parents smoke/vape are twice as likely to smoke/vape when they are adults.**

## Cigarettes & Child Health

- Breathing problems (wheezing and coughing)
- Frequent and severe asthma attacks, which can put the child's life in danger
- Get sick more often with colds, bronchitis or pneumonia
- Stuffy nose, headache, sore throat, eye irritation, and hoarseness
- Ear infections
- Sudden Infant Death Syndrome (SIDS)
- Learning disabilities

## Did you know?

**Even after a person who smokes/vapes finishes a cigarette/e-cigarette, the chemicals remain on their hands and clothes, as well as in the air and on surfaces, such as the carpet, flooring, and curtains.**

Children crawl and play on these surfaces and put toys into their mouth, exposing them to the chemicals from the tobacco smoke or e-cigarette vapor.

# E-cigarette/Vaping Products

## Are e-cigarettes/vaping products safe?

People think using e-cigarette/vaping products is safe because they release water “vapor” instead of smoke, but that is not true. The e-liquids contain harmful chemicals similar to regular cigarettes. **E-cigarette/vaping products also contain nicotine, which is highly addictive.**

## Signs of Nicotine Poisoning

**If a child has come into contact with the liquid in an e-cigarette/vaping product, they could have nicotine poisoning.**

### Signs are:

- Feeling sick to their stomach
- Vomiting
- Fast heartbeat
- Shaky
- Difficulty breathing
- Seizures

## Keeping children safe around e-cigarettes/vaping products in the home

- Keep them, and all their supplies, out of the reach of children and pets.
- Never use them around a child or pregnant people.
- Dispose of the batteries in a safe manner.
- Be sure to charge them with a charger made for that specific device. **Using the wrong charger can cause them to explode.**



**If you think you or your child has nicotine poisoning, call the Poison Control Center (1-800-212-1222) or 911 right away.**

# Marijuana

## What if my child is exposed to marijuana?

### Effects on babies:

- Premature birth or still birth
- Having a brain that did not develop normally
- Being born addicted and suffering withdrawal symptoms
- Having trouble sleeping
- Having trouble in school with attention, memory and learning problems
- Behavior problems

### Effects on children:

- Traces of THC in children's urine
- Secondhand marijuana smoke can trigger an asthma attack
- Secondhand marijuana smoke can cause reduced memory and coordination

## Is marijuana okay to use when pregnant or breastfeeding?

No. Eating, drinking, or smoking marijuana while pregnant passes the THC to your baby. This can cause many problems for the baby before they are born and later in their life.

THC and other marijuana chemicals can be passed to your baby through breast milk. **There is no level of marijuana exposure that is safe for pregnant or breastfeeding people.**

## Synthetic marijuana

Synthetic marijuana, sometimes called K-2 or Spice, affects the brain much more powerfully than marijuana. **It can cause life-threatening problems including brain swelling, seizures, hallucinations, fast heartbeat, and chest pains.** As with marijuana, children and pregnant people should not be exposed to the smoke.

## Talk to your doctor to get help with quitting.

### FREE Quit Support:

- Visit [www.smokefree.gov](http://www.smokefree.gov)
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# Asthma

## What is asthma?

Asthma is a long-term lung disease. Triggers - such as pets, dust, smoke, and cleaning products - irritate the airways in children with asthma, making it harder to breathe.

**Secondhand smoke/vapor is the #1 cause of asthma attacks.** If you smoke/vape, quitting is the most important step. Talk to your doctor to get help quitting. Having a smoke/vape free environment at home, in the car, and at daycare is very important to your child's health.

**Being exposed to smoke/vapor may put children at risk of developing asthma, even if they've never had any breathing problems before.**

## Children who live with a smoker

- May have flare-ups more often
- Are more likely to have to go to the emergency room with severe asthma flare-ups
- Are more likely to miss school because of their asthma
- May have asthma that's harder to control, even with medicine

## Asthma action plan

**Asthma can be a challenge, but it can be controlled by having and following an asthma action plan each day.** This should be shared by everyone who cares for your child including family, caregivers, and schools.

Talk to relatives who watch your child, your babysitter, and other adults in your child's life. **Help them to understand how secondhand smoke/vapor can cause your child to have a dangerous asthma attack and how important it is for your child to be smoke/vape free.**



# Asthma Action Plan

Asthma Type: _____ exercise induced	
____ mild intermittent	____ mild persistent
____ moderate persistent	____ severe persistent
Name _____	Date _____
Doctor _____	
Doctor's Office Phone _____	
Day # _____	Night/Weekend # _____
Emergency Contact _____	



**GREEN means: Go Zone!**  
Use preventive medicine.

**YELLOW means: Caution Zone!**  
Add quick-relief medicine.

**RED means: Danger Zone!**  
Get help from a doctor.

The colors of the traffic light will help you use your asthma medicine.

## GO

**You have all of these:**

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work and play

Peak flow from \_\_\_\_\_ to \_\_\_\_\_  
(more than 80% of personal best)

Personal best peak flow \_\_\_\_\_

Use these daily preventive anti-inflammatory medicines:

Medicine	How much	How often/when

For exercise/sports:

## CAUTION

**You have any of these:**

- First signs of a cold
- Exposure to known trigger
- Cough • Coughing at night
- Mild Wheeze • Tight chest

Peak flow from \_\_\_\_\_ to \_\_\_\_\_  
(50%-80% of personal best)

Continue with green zone medicine and add:

Medicine	How much	How often/when

\* If you have to use quick relief medication 2 or more times a week for 2 or more weeks, call your doctor

## STOP

**Your asthma is getting worse fast:**

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Can't talk well

Less than \_\_\_\_\_  
(less than 50% of personal best)

Take these medicines and call your doctor now:

Medicine	How much	How often/when

**Get help from a doctor now! Do not be afraid of causing a fuss. Your doctor will want to see you immediately. If you can't contact your doctor, go to the emergency room.**

**DO NOT WAIT.**

Make an appointment with your primary care provider within two days of an ER visit or hospitalization.

Developed by **McMillen Health**

# Thinking About Quitting

## Ask Yourself...

- What do you like about smoking/vaping?
- What don't you like about smoking/vaping?
- How could your life be better if you didn't smoke/vape?
- What is stopping you from having that life?

## Positive Changes

Managing your stress in healthy ways is the key to success when trying to quit smoking/vaping. Thinking about something positive or changing activities can help get your mind off of the craving.

Try other things that you like  
- hobbies, exercise, or talking with a friend.

## Food for Thought

Nicotine, the harmful chemical in cigarettes, can make you feel less hungry, but it can also put a lot of stress on your heart and lungs. **The stress on your heart from smoking a pack a day is equal to being 90 pounds overweight.**

## Talk to your doctor to get help with quitting.







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# Tips to Help You Quit Smoking/Vaping

## Make Quitting Easier

	<b>Write down the reasons you want to quit.</b> Put these where you can see them to remind yourself everyday of why you are quitting.
	<b>Choose the date of your last cigarette/e-cigarette.</b> Get rid of all of the reminders of smoking/vaping (cigarettes, e-cigarettes, matches, lighters, e-liquids, and ashtrays) so you are not tempted.
	<b>Tell important people in your life about your plan.</b> Having support makes a big difference.
	<b>Keep yourself busy.</b> Exercising, such as going for a walk, is a great way to keep your mind off smoking/vaping and improve your health.
	<b>Eat more fruits and vegetables and drink plenty of water.</b> Eating healthy foods can help you feel your best and handle stress better. Water will help to flush the nicotine out of your system.
	<b>Reward yourself!</b> Quitting happens one minute, one hour, one day at a time. Quitting is hard; be proud of your accomplishments.

**Talk to your doctor to get help with quitting.**








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# Stress Management

## Top 10 Ways to Handle Stress

	<b>Exercise.</b> Exercise releases chemicals that cause positive feelings.
	<b>Eat well.</b> Eating healthy foods helps your body cope with the side effects of stress and helps you feel better.
	<b>Sleep better.</b> Getting 7-9 hours of sleep each night is important. Try to go to bed and wake up around the same time every day.
	<b>Read.</b> Reading for as little as 6 minutes reduces stress.
	<b>Thankful journaling.</b> Every day, write down 3 things for which you are thankful. Check out the Breathe Journal for more journaling activities.
	<b>Laugh more.</b> Laughing makes you happier and reduces stress.
	<b>Deep breathing.</b> Breathe in slowly through your nose, allowing your chest and lower belly to expand as you fill your lungs. Now breathe out slowly through your mouth. Repeat.
	<b>Practice mindfulness.</b> Mindfulness is slowing down to be fully aware of your thoughts, emotions, and how your body feels.
	<b>Clean the house.</b> Having a clean and organized home can reduce stress.
	<b>Hand warming.</b> When stressed, hands and feet can get cold. Warming your hands can help you feel calmer. Hold something warm like a cup of tea or run hands under warm water.

### Smoking/Vaping and Stress

You might have learned to deal with stress by smoking/vaping. Even after you quit, you may want a cigarette/e-cigarette when you feel stressed. Smoking/vaping can contribute to a person's stress level by causing illness to themselves or family members.

# Making Your Home & Car Smoke/Vape Free

## Communicate Your Plan

Hold a family meeting to talk about how you are going to work together to create a smoke/vape free home and car.

List your family's reasons for wanting a smoke/vape free home and car. Although this might be more difficult for family members who smoke/vape, listen and be supportive.

## In Your Car

- Post a smoke/vape free sign on your car window and let everyone know that you do not allow smoking/vaping in your car.
- Give your car a good cleaning. It is very difficult to remove all traces of smoking/vaping, but whatever you can do will help.
- Get rid of your car's ashtray. If you can't get rid of it, clean it and fill it with change or sugar free gum.

## In Your Home

- Make sure everyone in the house, including visitors, knows that they have to go outside to smoke/vape.
- Post a "No Smoking/Vaping" sign on your front door and the smoke/vape free pledge on your fridge to let people know that you do not allow smoking in the house.
- Remove all ashtrays.
- Ensure your children's caregivers or babysitters do not smoke/vape around your children.



# Making a Plan to Keep Your Child Healthy

## Encourage Others

Help others quit smoking/vaping, if they are ready. Although quitting is a personal choice, you may be able to help them quit by offering support and encouragement.

## How Are Children Exposed to Secondhand or Thirdhand Smoke/Vapor?

**Children can be exposed to secondhand smoke or vapor from e-cigarettes:**

- In your home or car
- In public places
- At a caregiver or relative's house
- In parks or playgrounds
- Near entrances to stores and restaurants

**Infants and children can be exposed to thirdhand smoke/vapor when:**

- They crawl and play on contaminated floors and furniture
- They touch, hold, and chew on items covered with thirdhand smoke residue
- Being held by adults whose clothing, hair and skin is contaminated by thirdhand smoke/vapor chemicals

## Preventing Exposure

- Don't allow smoking/vaping in your home or vehicle.
- Keep your child away from areas where people are smoking/vaping.
- Ask neighbors to be smoke/vape free if you live in an apartment.
- Clean any surfaces that children come in to contact with, which may have been exposed to smoke/vapor.

# The Benefits of Quitting

## Heart Attack

chances decrease and all nicotine will have left the body.

48 Hours

## Lungs

become healthier, allowing you to breathe more easily.

3-9 Months

## Stroke Risks

return to that of a person who doesn't smoke/vape.

5 Years

20 Minutes

## Blood Pressure

drops back to normal.

3 Weeks

## Lung Function

and circulation increases because mucus in the lungs loosens.

1 Year

## Heart Attack

chances will have dropped in half.

10 Years

## Lung Cancer

risks will have returned to that of a person who doesn't smoke/vape.

**Talk to your doctor to get help with quitting.**

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## Healthy Changes

Some people think that it will take years of not smoking/vaping to show improvements in their health. This is not true. **Health benefits begin in less than one hour of quitting.**

## Retrain Your Brain

When you quit smoking/vaping, you are breaking the addiction to nicotine and re-training the brain to not crave nicotine.

# I'm Quitting!

## Reasons I want to quit:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## How I will quit:

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## Who can help me quit:

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## What may be hard:

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## Benefits of quitting:

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**Talk to your doctor to get help with quitting.**

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# Vaping

## What is vaping?

**Vaping is when someone inhales an aerosol made from heating up an e-liquid.**

E-liquids are flavored liquids used in vaping devices – they commonly have nicotine, THC (from marijuana), flavorings, and preservatives.

E-liquid flavors can be attractive to young children, who may be tempted to drink it. This is very dangerous and **just 1 teaspoon can be fatal.**

## The health risks

- E-liquid turns into an aerosol that causes chemicals to stick to your lungs. These chemicals build up and can **cause severe lung illness within a few weeks.**
- Vaping aerosol contains some of the same dangerous chemicals as cigarette smoke. **These chemicals are known to cause cancer.**

## Let's clear the air

- One cartridge, or pod, of nicotine salts has the **same amount of nicotine as a whole pack of cigarettes (20 cigarettes)** and can be just as addictive.
- **Vaping is not the best option for someone trying to quit smoking.** Stick to FDA-approved methods such as medications, patches, gums, and lozenges. A cessation coach or counselor can be helpful too!

## Types of vaping device systems:

### Single-use

Come prefilled with e-liquid and get thrown out when used up.

### Pod or cartridge-based

Reusable and refilled with e-liquid cartridges.

### Refillable tank systems

Reusable and has a tank that can be refilled over and over with flavored e-liquid.



Vaping devices come in many shapes and sizes to appeal to users. **Know what to look for and talk to your kids about the dangers of vaping.**

# COVID-19 and Tobacco Use

## COVID-19

COVID-19 is a disease caused by a virus called coronavirus (SARS-CoV-2).

**Like smoking/vaping, COVID-19 damages the lungs, heart, brain, and nerves.**

COVID-19 symptoms can be worse for someone who smokes/vapes.

## Worth the Risk?

People who smoke/vape and get COVID-19 are at higher risk of:

- Severe lung damage
- Stroke
- Blood clots
- Long-term breathing trouble
- Needing hospital care

## Protecting Yourself and Others

Breathing in smoke/vapor makes it harder to fight lung-related illnesses like COVID-19.

Smoking/vaping or breathing other people's smoke/vapor makes lungs weaker. **This can make COVID-19 symptoms worse.**

### Remember to always:

- Wear a mask that covers your nose and mouth when you're not at home.
- Wash your hands often, for at least 20 seconds every time.
- Keep 6 feet distance between you and people you don't live with.

### If you smoke/vape:

- Quitting now can help your lungs start to heal
- If quitting seems too hard, reach out for help
- Call 1-800-QUIT-NOW (English & 170+ languages) or 1-800-DÉJELO-YA (Español)
- Text READY to 34191
- Visit [smokefree.gov](http://smokefree.gov)



# Smokeless Tobacco

## What is Smokeless Tobacco?

Smokeless tobacco is any tobacco that is used without burning it. The tobacco goes in the mouth and the nicotine soaks in through the lining of the mouth and gets into the blood.

## Types of Smokeless Tobacco

**Chew:** comes in larger leaves that are loose or packaged into plugs (bricks) or ropes.

**Snuff:** finely cut tobacco and comes in loose form, pouches, lozenges (like cough drops), or strips.



## Smokeless tobacco:

- Can cause cancer
- Is addictive
- Can lead to heart disease and stroke
- Is dangerous to unborn babies because nicotine in a pregnant person's bloodstream harms the baby's nervous system
- Is dangerous to youth because tobacco companies push addictive, flavored products to attract new, young customers

### Need help quitting?

**Smokeless tobacco is not an approved quitting aid.** Find out more about quitting aids by talking to your doctor, calling **1-800-QUIT-NOW**, texting **READY to 34191**, or logging onto **equitnow.com**.

# Cost of Smoking

## What does tobacco cost?

A pack of cigarettes costs about **\$6/pack (that's \$2,190/year for a pack a day)**. But the cost of smoking is more than just the amount you spend on tobacco products. Smoking and vaping have many financial, social, and health costs for you and your family.

## Your Costs Include

- Your physical health
  - Stroke
  - Gum disease
  - Tooth loss
  - Cancer
  - Heart disease
  - Chronic obstructive pulmonary disease (COPD)
- Your social health
  - Isolation from people who don't smoke

## Financial Costs

- Purchasing tobacco products
- Medical bills/Medication
- Lost time at work/school

## Your Family's Costs Include

- Miscarriage
- Low birth weight
- SIDS
- Respiratory infection
- Asthma

## What could you do with an extra \$2,190 a year?

- Pay off debt
- Take a vacation
- Save for a big purchase
- Enroll in a class or course
- Add to an emergency fund
- Save for retirement

**Smoking is likely costing you too much. Reach out to the Quitline today to improve your and your family's health!**

**Call 1-800-QUIT-NOW, text READY to 34191, or log onto [equitnow.com](http://equitnow.com).**

Cost of Smoking



# Big Tobacco Tactics

Tobacco companies are good at marketing, but the outcomes are deadly. Their aggressive marketing tactics also create health inequities. Health inequity is when some groups have worse health because of unfair treatment.

**Example:** Compared to other young adults, bisexual women and Black women have the highest exposure to tobacco advertising.

## Three Ways Tobacco Companies Target Groups Who Have Been Marginalized

### #1 Donations

Tobacco companies donate money to make their brands familiar to groups who have been marginalized, including:

- BIPOC\* communities
- LGBTQ+ communities
- Women
- Youth
- Individuals with lower incomes

**Example:** Tobacco companies donate to historically Black colleges and universities, LGBTQ+ events, and civil rights causes to get life-long customers.

\*BIPOC: Black, Indigenous, people of color

### #2 Marketing

Tobacco companies target communities with lower incomes using the following tactics:

- Discounts on e-cigarette starter kits
- Product giveaways and free samples
- Social media marketing
- Aggressive advertising in stores

**Example:** People from lower-income households are more likely to be diagnosed with smoking-related diseases including cancer and lung disease.

### #3 Fighting New Laws

Tobacco companies use money and influence to stop new tobacco laws.

**Example:** In 2022, tobacco companies opposed a ban on menthol cigarettes. This ban could save up to 238,000 Black lives.

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Big  
Tobacco  
Tactics



# Menthol Tobacco Products

## Menthol Cigarettes vs. Non-Menthol Cigarettes

Menthol is a chemical found naturally in mint plants or sometimes made in a lab. Menthol has a cool, minty taste and smell compared to harsher non-menthol cigarettes, which makes it more appealing. **Both types have nicotine and cancer-causing chemicals and lead to addiction.**

## Why Menthol?

Tobacco companies use menthol commercial tobacco products to attract new, life-long customers.

## Advertising for Menthol Cigarettes

Menthol cigarettes have historically been advertised as **“fresh,” “cool,”** and **“smooth.”** Menthol cigarettes are aggressively advertised in Black communities, and especially to Black youth. Tobacco companies target Black communities to find new and lifelong customers.

### The Results:

- 93% of Black adults who smoke started with menthol cigarettes.

## Excluded from Bans

Flavored cigarettes were banned, but tobacco companies fought to keep menthol on the market. Menthol cigarettes are most popular with groups who have been marginalized.

Excluding menthol from tobacco policies creates health inequities. Health inequity is when some groups have worse health because of unfair treatment.

## Popular and Hard to Quit

- Even though commercial tobacco use has dropped, menthol cigarette smoking has stayed the same.
- People who smoke menthol cigarettes try more times to quit, with less success.