

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.

LEARN MORE

Children and
Secondhand
Smoke

