

Just what is Second Hand Smoke?

Secondhand smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe, or cigar, and the smoke that is exhaled from the lungs of the smoker.

Young children are especially vulnerable to secondhand smoke in the home because:

- Their lungs are still growing so they are more at risk to damage from the chemicals in tobacco smoke.
- They breathe more air relative to body weight, so they absorb more toxins from tobacco smoke than an adult.
- They are less able to speak up for themselves (either because they are too young, or because their complaints are not heard)
- Their immune system is not as strong
- They are less able to remove themselves from exposure

If you can't quit smoking
right now,



don't smoke around
the kids!

PUBLIC HEALTH ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON

For more information on the "Clean Air for Kids" campaign please contact Kittitas County Public Health, 509 962-7515

"Clean Air for Kids" campaign partners:
Kittitas County Head Start/ECEAP, First Steps, WIC, SAFE KIDS, Early Childhood Learning Center, Kittitas Valley Community Hospital, Kittitas County Public Health

Check out these
websites for more
SHS information:

The American Cancer Society

www.cancer.org

American Lung Association

www.lungusa.org

National Cancer Institute

www.nci.nih.gov

Secondhand Smokes You

www.secondhandsmokesyou.com

U.S. Environmental Protection Agency

www.epa.gov/smokefree

Why Should Parents Be Concerned



About Secondhand Smoke?

Secondhand Smoke in the Home and Car...

- For the nonsmoker 1 hour in a closed room with someone smoking = 3 cigarettes
- It takes more than three hours for 95 percent of the smoke from one cigarette to clear the room once smoking has ended.
- Opening a window, smoking in another room, or having air cleaners and ventilation systems will not protect your family from secondhand smoke.
- For the nonsmoker, tobacco smoke in the small, closed space of your car greatly increases the level of toxins they are exposed to.

Why Should Parents Be Concerned About Secondhand Smoke?

Effect on Lungs...

Children who breathe secondhand smoke are more likely to suffer from pneumonia, bronchitis, and other lung diseases.

Ear Infections...

Children who breathe secondhand smoke can have more ear infections.

Asthma...

Children who breathe secondhand smoke can have more asthma attacks and the episodes can be more severe.

Behavioral and cognitive...

According to the National Cancer Institute, there are links between secondhand smoke and behavioral problems and learning ability in children

What can you do to keep a smoke-free home and car?

- Choose not to smoke in your home and car
- Do not allow family and visitors to smoke in your home and car
- Do not allow childcare providers or others who work in your home to smoke.
- Choose to use non smoking motel rooms, restaurants, daycares and other public places

If you are not ready to quit right now...

- Choose to smoke outside. Moving to another room or opening a window is not enough to protect your children.
- When smoking wear a designated smoking jacket and hat and remove these before you reenter the home. This along with washing your hands will keep the chemicals and toxins off of your clothes, hair and skin.

When you're ready to quit...

The Tobacco Quit Line is confidential and toll-free. By calling the Quit Line at 1-877-270-STOP, you will have access to some of the best cessation specialists in the state who can give you:

- Private counseling and continued support
- A personalized quit-plan
- Tools and skills to help you succeed
- Information about additional resources such as insurance benefits and other quitting programs in your area
- A Tobacco Quit Kit mailed to your home

