

Save Yourself and Your Family from Environmental Tobacco Smoke!

"Environmental tobacco smoke" includes secondhand and thirdhand smoke:

Secondhand smoke comes from burning cigarettes, cigars or pipes, or smoke exhaled by a smoker.

- ▶ It contains more than 4,000 harmful chemicals. Many cause heart disease and cancer.
- ► It's very harmful to children. Their lungs aren't fully developed, so they're more likely to get sick. It's also associated with:
 - Premature birth and low birth weight.
 - Breathing problems including asthma.
 - More frequent ear infections. Illnesses, like pneumonia and bronchitis.
 - Missed school days plus the cost of doctor bills and time off work.

Thirdhand smoke: When tobacco is burned, toxic smoke particles cling to surrounding areas long after the smoke has cleared.

- Studies show that these particles react with common indoor pollutants to release cancer-causing toxins.
- ▶ Infants and toddlers are most at risk. When they crawl on the floor, suck their thumbs, mouth toys and cling to parents, they are touching and breathing in these toxins.
- The smell of tobacco on a person's clothes and hair or in a room is how our nose warns us that toxins are present!



- Never allow anyone to smoke around your family
 — or around you (especially if you're pregnant).
- Make sure your child care provider's center and other places where your children spend time are smoke-free.
- 3. Implement a smoking ban in your home, car and other common areas at all times. Opening a window to "air out" the smell is not enough.
- 4. Replace or clean furniture and carpets that are exposed to tobacco smoke. Use the "sniff test" – if it smells like tobacco, it is carrying chemicals around with it.
- 5. Talk to your children about the dangers of cigarette smoke, even when they're young.
- Support your friends and family members who are trying to quit smoking. The Department of Health can help with classes, programs and more.

Call the Learn to Live Line at **410-222-7979**, or visit **www.LearnToLiveHealthy.org** for free help and information about environmental tobacco smoke and quitting.

Let's make it clear. No smoking here!



Anne Arundel County Department of Health www.LearnToLiveHealthy.org

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