

# Secondhand Smoke is Poisoning our Children



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# What is Secondhand Smoke?

- A combination of burning cigarettes, pipes and cigars and smoke exhaled by smoker
- Also known as Environmental Tobacco Smoke (ETS)
- There are more than 4,000 substances found in secondhand smoke that are known to cause cancer in humans and animals
- Recognized by distinctive odor

# The Effects of Secondhand Smoke

- **The fetus and newborns:**

- low birth weight
  - Birth weight is less than 5lbs. 5oz.
- premature birth
  - Babies born before 37 weeks
- birth defects
  - Cleft lip or palate
  - Limb defects
  - some types of heart defects
- Sudden Infant Death Syndrome (SIDS)
  - Sudden death of an infant before the age of 12 months old



# More effects.....

## **Behavioral problems**

- school failure
- ADHD

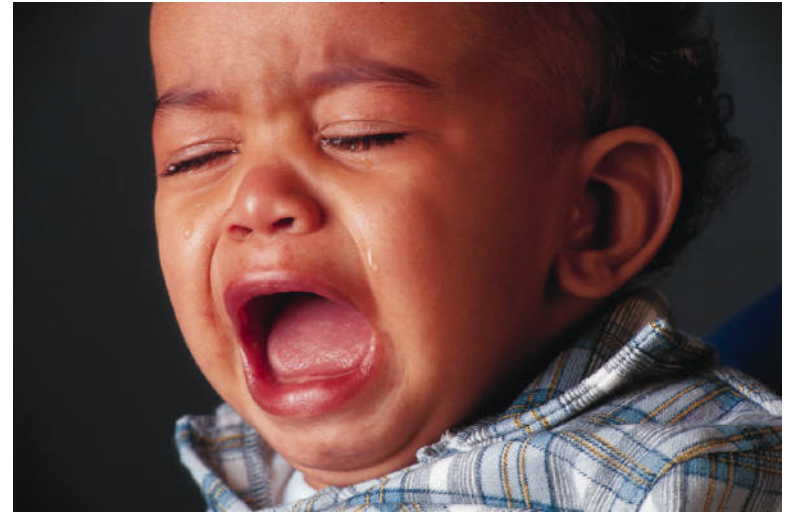
## **Conduct disorders**

- fighting
- breaking rules
- lying/theft



# Other Effects...

- **Health Issues:**
  - Lung/Respiratory
    - Asthma
    - Pneumonia
    - Bronchitis
  - Ear Infections
    - Middle Ear Infections
    - Children's Hearing Loss



# Tips on Preventing Tobacco Exposure in Children

- Stop Smoking or support family and friends to quit smoking
- Don't Allow Smoking
  - In your home
  - In your workplace
  - In your car
- Don't Smoke while holding children or near children
- Use other stress reduction techniques like:
  - Deep breathing
  - Meditation
  - Exercise or fun activities
  - Drink lots of water
  - Take a walk
  - Eat sugar free candy or chew sugar free gum



# Resources

- American Lung Association  
Telephone: 1-800-LUNG-USA (1-800-586-4872)  
Internet Address: [www.lungusa.org](http://www.lungusa.org)
- Environmental Protection Agency (EPA)  
Internet Address: [www.epa.gov](http://www.epa.gov)
- Centers for Disease Control and Prevention (CDC)  
Office on Smoking and Health  
Internet Address: [www.cdc.gov/tobacco/](http://www.cdc.gov/tobacco/)
- National Cancer Institute  
Telephone: 1-800-4-CANCER (1-800-422-6237)  
Internet Address: [www.cancer.gov](http://www.cancer.gov)
- Smokefree.gov  
(Info on state phone-based quitting programs)  
Telephone: 1-800-QUITNOW (1-800-784-8669)  
Internet Address: [www.smokefree.gov](http://www.smokefree.gov)
- Pregnets  
Telephone: (416) 535-8501 ext. 6662  
Internet Address: [www.pregnets.org](http://www.pregnets.org)
- Dontpassgas.org  
Telephone: 1-888-NoPassGas  
Internet Address: [www.Dontpassgas.org](http://www.Dontpassgas.org)