

## **Secondhand Smoke**

**How smoke affects the health of you and your child**

### **What is secondhand smoke?**

Secondhand smoke is the smoke breathed out from the lungs of smokers. It is also the smoke that comes from the burning end of a cigarette, cigar or pipe.

The smoke from the burning end of a cigarette is more dangerous than the smoke the smoker breathes out.

Secondhand smoke has more than 4,000 substances. 40 of them are known to cause cancer.



### **What can it cause?**

#### **Secondhand smoke causes:**

- About 7,000 deaths each year from lung cancer in people who don't smoke.
- Irritation of the eyes, nose and throat.
- Lung irritation that can lead to coughing, a lot of phlegm, and pain.
- Possible chest pains and heart problems.

### **How can it hurt my child?**

#### **Children who inhale secondhand smoke are more likely to:**

- Get pneumonia, bronchitis and chest colds.
- Get ear infections and have eye soreness.
- Be fussy and cry.
- Cough, sneeze and wheeze.
- Develop asthma and have more asthma attacks.

### **How can I protect my family?**

#### **In your home**

- Don't smoke in your house.
- Don't let anyone else smoke inside your house.
- Don't smoke around children.
- Don't let anyone smoke around your children.
- If someone in your family insists on smoking in the house, open windows and use a fan in the room.

## Protecting your family (continued)

### Outside of your home

- Let family and friends know that you don't like it when they smoke around you.
- Don't smoke or let other people smoke in your car.

### Where can I get help to stop?

#### Classes to help you stop smoking are offered by:

- American Lung Association of Wisconsin  
800-586-4872
- Wisconsin Tobacco Quit Line  
800-784-8669

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**