

**HERE'S
TO YOUR
HEALTH!**

Secondhand Smoke

Protecting You and Your Children

“Secondhand smoke has higher concentrations of toxins than inhaled smoke. Each year it causes approximately 38,000 deaths from heart disease and lung cancer.”

Smoke from cigarettes, cigars and pipes can cause serious health problems – not only for smokers, but for non-smokers too. Secondhand smoke comes from two places: the smoke exhaled by the person smoking and the smoke that comes out of the end of a burning cigarette.



What you should know about Secondhand Smoke

- Secondhand smoke has over 40 cancer-causing chemicals including: cyanide, arsenic, ammonia and carbon monoxide.
- Smokers inhale about 15% of the smoke from a cigarette. The rest goes into the air.
- Smoke from the burning end of a cigarette has more toxins than smoke inhaled by the smoker.
- Secondhand smoke causes 30 times more lung cancer deaths than all other air pollutants combined.
- Babies of parents who smoke are twice as likely to die from Sudden Infant Death Syndrome (SIDS).
- Smoke-filled rooms can have up to six times the pollution of a crowded highway.

How to protect yourself from Secondhand Smoke

- If someone near you is smoking, you can politely ask him or her to put out his or her cigarette.
- Ask people not to smoke around your children.
- Ask family, friends and babysitters not to smoke in your home or car. Direct smokers to an open area outside your home.
- Avoid smoke-filled places.
- Insist on non-smoking day care.
- Go to non-smoking restaurants.
- Have a smoke-free home: having smokers move to another room or opening a window is NOT enough to protect you or your children.



**Tri-County
Health
Department**

Eleven offices along the front range serving the residents of Adams, Arapahoe and Douglas Counties
Administration Office: 7000 East Belleview Avenue, Suite 301 • Greenwood Village, Colorado 80111
Telephone: 303-220-9200 • Fax: 303-220-9208
Website: www.tchd.org

If you want to quit smoking, get help. Call the QUITLINE (1-800-639-QUIT) or go to the QUITNET (www.quitnet.com). It is a FREE service offered to you at your convenience.

The effects of smoking on your baby or child

Smoking while you are pregnant can be very dangerous. When you smoke the cigarette chemicals directly reach your baby and keep your baby from getting the food and oxygen it needs to grow. Babies of smoking pregnant women are more likely to be born with a low birth weight. Children and babies exposed to smoke are also more likely to get sick. A smoking environment can lead to the following health issues for children and babies:

- Increased frequency of colds
- Increased number of ear infections
- Increased number of respiratory tract infections such as pneumonia and bronchitis
- Transferring chemicals through breast milk can cause colic, vomiting, diarrhea and fast heartbeats
- Severe coughing
- More wheezing
- Increased risk of asthma
- Higher risk of Sudden Infant Death Syndrome (SIDS)
- Increased mucus production

How to protect your baby from the dangers of smoking

- If you smoke, quit!
- If you can't quit right away, set up a place to smoke outside and away from the baby.
- Ask your partner and other family and friends in the home to quit.
- If family members or friends insist on smoking, ask them to smoke outside.

- Be sure day care workers and baby-sitters don't smoke around the baby.
- Don't allow smoking in the car.

Tips to help you quit smoking while you're pregnant

- Decide you want to quit. Make a list of reasons and put the list where you'll see it.
- Make a plan. Know what you'll do instead of smoking when you get the urge to smoke (go for a walk, drink a glass of water or chew on a piece of gum or celery).
- Pick a day to quit and stick to it.
- Throw away all of your cigarettes.
- Drink six to eight glasses of water a day.
- Keep your hands busy. Knit a baby blanket. Make a baby album.
- Ask for support from your family and friends.
- Reward yourself. Plan what to do with the extra money you'll have when you quit. Plan some gifts for yourself or your baby.
- If you can't stop, try to cut back.
- If you slip and have a cigarette, don't give up. It takes an average of seven quit attempts before you successfully quit. Quitting takes practice.

**STOP SMOKING.
YOU WON'T REGRET IT!**