

# How can I protect my children from secondhand smoke?

## Secondhand Smoke

is both the tobacco smoke exhaled by the smoker and the smoke from the tip of the burning cigarette, pipe or cigar.

The developing lungs of young children are especially sensitive to the thousands of chemicals, some deadly poisons, found in secondhand smoke.

There are steps you can take to limit your child's exposure to secondhand smoke.

### ⚙️ If you smoke think about quitting!

It's the best way to keep secondhand smoke away from your child.

Research shows that serious respiratory illnesses occur twice as often in children whose parents smoke as compared to children whose parents are non-smokers.

### ⚙️ Until you quit, don't smoke in your home. If others smoke in your home:

It takes three hours to clear out 95% of the smoke in a room once the smoking has stopped!

Open windows or use exhaust fans to move the smoke outside.

Don't smoke when the children are present, especially infants and toddlers. They are particularly at risk from the effects of secondhand smoke.

Ask visitors not to smoke in your home.

### ⚙️ Wherever your children spend time:

Choose child care providers and other care-givers that don't smoke.

Be aware of any smoking in the homes of relatives or your children's friends. Ask them not to smoke around your children.

Don't let people smoke in your car when your children are present. Small confined spaces concentrate the secondhand smoke and its effects.

### ⚙️ If you are having trouble quitting, ask your doctor for help.

Also, contact one of the organizations listed below, your health care provider or other groups that sponsor stop-smoking classes.

American Lung Association  
of Vermont  
1-800-LUNGUSA

American Cancer Society  
1-800-639-1888