



CHILDREN and SECONDHAND SMOKE



What is Secondhand Smoke?

Secondhand smoke, also known as Environmental Tobacco Smoke (ETS), is a combination of the smoke from a burning cigarette, cigar or pipe and the smoke exhaled from a smoker's lungs. According to the Environmental Protection Agency (EPA), over 4,000 different chemicals are contained in tobacco smoke, and more than 50 of them are recognized as known or probable cancer causing agents.

Why Should Parents and Other Adults Be Concerned About Secondhand Smoke?

- ◆ Children who breathe secondhand smoke are more likely to experience pneumonia, bronchitis and decreased lung function.
- ◆ Children who breathe secondhand smoke are more likely to suffer from more ear infections. Ear infections are the most common cause of children's hearing loss.
- ◆ Children who breathe secondhand smoke can have more frequent and more severe asthma attacks, and secondhand smoke may cause children to develop asthma.
- ◆ Infants who breathe secondhand smoke are at a higher risk for sudden infant death.
- ◆ Pregnant women should avoid any exposure to secondhand smoke, as an unborn baby's exposure to passive smoke can result in many harmful health effects, such as infant death, low birth weight, decreased lung function, behavioral problems, and an increased risk of developing cancer later in childhood or as an adult.

What Can Be Done To Protect Children?

- If you smoke, make a decision to quit. Here are some resources that may help:
 - ▶ **Michigan Tobacco QuitLine: 1-800-480-7848**
 - ▶ **Free Smoker's Quit Kit: 1-800-537-5666**
- Choose not to smoke around children.
- Choose to make your home and car smoke free. Take the EPA's Smoke-Free Home Pledge (see back).
- Choose to avoid places where smoking is allowed.
- Make sure your day care facilities are smoke free.
- Choose to eat at smoke-free restaurants.

For More Information

**Michigan Department of Community Health
Chronic Disease and Injury Prevention
Tobacco Section**
109 W. Michigan Ave. WSB, 8th flr
Lansing, MI 48913
517-335-9885

**Environmental Protection Agency's Indoor Air
Quality INFO Clearinghouse**
1-866-766-5337, www.epa.gov/smokefree

American Lung Association
1-800-586-4872, www.lungusa.org