



Save Yourself and Your Family from Secondhand Smoke!

Secondhand smoke comes from smoke exhaled by a smoker, and also from burning cigarettes, cigars or pipes. Secondhand smoke is dangerous. Here's why:

- ▶ It contains more than 4,000 dangerous chemicals — including chemicals that cause heart disease and cancer.
- ▶ Secondhand smoke is very harmful to your family. Children's lungs aren't fully developed, and they're more likely to get sick from smoke. Secondhand smoke is associated with:
 - Premature birth and low birth weight.
 - Breathing problems including asthma.
 - More frequent ear infections and other illnesses, like pneumonia and bronchitis.
 - More frequent illnesses and missed school days. (Not to mention the cost of doctor bills and time off from work!)
- ▶ *There is no safe level of exposure to secondhand smoke!*

6

Important Ways to Protect Your Family from Secondhand Smoke.



1. Never allow anyone to smoke around your family — or around you (especially if you're pregnant).
2. Ask anyone who wants to smoke around your home to smoke outside, including guests and family members.
3. Never allow smoking in your car or ride with someone who is smoking, especially if you're pregnant or with your children.
4. Make sure your child care provider's center — and other places where your children spend time — are smoke-free.
5. Talk to your children about the dangers of cigarette smoke, even when they're young.
6. Support your friends and family members who are trying to quit smoking. We can help with classes, programs and more.

Call the Learn to Live Line at **410-222-7979**, or go online at **www.aahealth.org** for lots of free help, and information about secondhand smoke and quitting.

Let's make it clear. No smoking here!

Learn To Live

Healthy Living from the Anne Arundel County Department of Health
www.aahealth.org