

Secondhand Smoke **IS DEADLY:**

Protect Your Family and Friends



SMOKE-FREE ZONES
Let's Make it Clear. No Smoking Here.

A Learn To Live Healthy Living program of
the Anne Arundel County Department of Health

410-222-7979 • www.aahealth.org

There is no safe level of secondhand smoke. Even brief exposure is harmful.

What is secondhand smoke?

Secondhand smoke is smoke that comes from the burning end of a cigarette, cigar or pipe, or the smoke exhaled by a smoker. It contains dangerous chemicals that cause heart disease and cancer.

Where are people exposed to secondhand smoke?

Secondhand smoke affects people in homes, cars, restaurants, childcare centers and businesses.

Facts:

- **31.8% of Anne Arundel County households have children who live with adult smokers.**
- **If parents smoke around their children, children can breathe as much smoke as if they had smoked 102 packs of cigarettes by age five.**
- **Children in a home with secondhand smoke breathe as much smoke each day as if they had smoked three cigarettes.**
- **72% of African Americans are exposed to secondhand smoke, compared to 50% of whites.**
- **Separate smoking areas in the home or business place do not protect you from secondhand smoke.**

What can you do?

- If you smoke, you should quit. A free quit kit is available from the Anne Arundel County Department of Health's Learn To Live program. Call the Learn To Live Line at 410-222-7979 or log onto www.aahealth.org.
- Make your car and home smoke-free zones.
- Never smoke or allow smoking near your children.
- Visit only businesses and homes that are smoke-free.
- Ask your employer for a smoke-free workplace. Assign smoking areas outside and away from building entrances.
- Encourage public places to become smoke-free.
- Only use non-smoking childcare providers.

Talk to your children about secondhand smoke

It is never too soon to start talking to children about tobacco and the dangers of secondhand smoke. To get free educational activities and publications to help you talk to your kids, call the Learn To Live Line at 410-222-7979 or visit www.aahealth.org.



Secondhand smoke creates problems for everyone!

Secondhand smoke has immediate effects on everyone's health. Breathing secondhand smoke can interfere with the normal functioning of the heart, blood and vascular systems in ways that increase the risk of heart attack.

Infants, Children and Youth at Risk

Secondhand smoke is very harmful to unborn babies, infants and children since their bodies and lungs have not fully grown. Exposure to the poisons in secondhand smoke put youth in danger of:

- Sudden Infant Death Syndrome (SIDS)
- Ear infections
- Hearing problems
- Asthma
- Other upper respiratory infections such as bronchitis and pneumonia

Secondhand smoke can also delay the growth of a child's lungs. Children who live in a home with a smoker may have symptoms such as breathlessness, wheezing and coughing, and are more likely to get the flu. They are also more likely to become smokers.





Healthy Lung



Lung Exposed to Cigarette Smoke

Photo Provided by the American Lung Association

Adults at Risk

Secondhand smoke exposure increases an adult's risk of:

- **Lung cancer**
- **Coronary heart disease**
- **Adult onset asthma**

Pregnant Women at Risk

The risks of secondhand smoke exposure are:

- **Miscarriage**
- **Too-early delivery**
- **Too-small baby**

Information in this brochure is from the 2006 U.S. Surgeon General's Report.

Practice fire safety at home!

- **Maintain a smoke-free home. Careless use of smoking materials and tobacco products is the number one cause of fire deaths.**
- **Keep lighters and matches out of the reach of children. Children with parents who smoke are more likely to pretend to smoke by playing with smoking materials.**
- **Make sure your smoke alarms are working. Change your batteries every year when you change your clocks at Daylight Savings Time. Test your smoke alarms monthly.**
- **Smoke alarms should be properly installed and placed on each level of your home, including attics and basements.**
- **Practice home fire drills and have a “safe meeting place” outside your home.**
- **If you cannot afford smoke alarms, call the Anne Arundel County Fire Department, 410-222-8303, to get them.**



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