



Save Yourself and Your Family from Environmental Tobacco Smoke!

“Environmental tobacco smoke” includes secondhand and thirdhand smoke:

Secondhand smoke comes from burning cigarettes, cigars or pipes, or smoke exhaled by a smoker.

- ▶ It contains more than 4,000 harmful chemicals. Many cause heart disease and cancer.
- ▶ It's very harmful to children. Their lungs aren't fully developed, so they're more likely to get sick. It's also associated with:
 - Premature birth and low birth weight.
 - Breathing problems including asthma.
 - More frequent ear infections. Illnesses, like pneumonia and bronchitis.
 - Missed school days – plus the cost of doctor bills and time off work.

Thirdhand smoke: When tobacco is burned, toxic smoke particles cling to surrounding areas long after the smoke has cleared.

- ▶ Studies show that these particles react with common indoor pollutants to release cancer-causing toxins.
- ▶ Infants and toddlers are most at risk. When they crawl on the floor, suck their thumbs, mouth toys and cling to parents, they are touching and breathing in these toxins.
- ▶ The smell of tobacco on a person's clothes and hair or in a room is how our nose warns us that toxins are present!

There is no safe level of exposure to environmental tobacco!

6

Important Ways to Protect Your Family from Environmental Tobacco Smoke



1. Never allow anyone to smoke around your family — or around you (especially if you're pregnant).
2. Make sure your child care provider's center and other places where your children spend time are smoke-free.
3. Implement a smoking ban in your home, car and other common areas at all times. Opening a window to "air out" the smell is not enough.
4. Replace or clean furniture and carpets that are exposed to tobacco smoke. Use the "sniff test"— if it smells like tobacco, it is carrying chemicals around with it.
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. The Department of Health can help with classes, programs and more.

Call the Learn to Live Line at **410-222-7979**, or visit **www.LearnToLiveHealthy.org** for free help and information about environmental tobacco smoke and quitting.

Let's make it clear. No smoking here!

Learn To Live

Anne Arundel County Department of Health
www.LearnToLiveHealthy.org

The services and facilities of the Anne Arundel County Department of Health are available to all without regard to race, color, religion, political affiliation or opinion, national origin, age, sex, sexual orientation or disability. Funded in part by the Maryland Cigarette Restitution Fund