



## SECOND HAND SMOKE

### Keep your home smoke-free!

A smoke-free home means that there is no smoking anywhere in the home or car. Secondhand smoke is the smoke that comes from the burning end of a cigarette, cigar or pipe or the smoke exhaled by a smoker. Secondhand smoke and smoking during pregnancy can put unborn babies and children at risk for serious health problems. Some of these problems include:

**Low birth weight and premature birth.** Babies born too small or too soon are at risk for breathing problems, infections and other diseases.

**More risk for problems during pregnancy.** Women who smoke can have early rupture of membranes and problems with the placenta.

**Sudden Infant Death Syndrome (SIDS).** In the U.S., almost 2,000 SIDS deaths are linked to secondhand smoke each year.

**Increased risk of childhood illnesses.** Secondhand smoke makes babies more likely to get bronchitis, pneumonia and ear infections. It can also make asthma worse.

**Increased chance of becoming a smoker.** Babies whose mothers smoked before birth or who live with smokers are more likely to start smoking as teenagers.

**BE A SMART PARENT.  
PROTECT YOUR BABY FROM SMOKE.**

# TIPS FOR A SMOKE-FREE HOME

Don't smoke or let people smoke around you when you are pregnant.

Don't let people smoke around your baby.

Ask visitors and other people in the home to only smoke outside.

Never allow smoking in the car or ride with someone who is smoking while you are pregnant or with your baby.

Make sure your child care provider is also smoke-free.

Talk to your children about the dangers of smoking, even when they're young.

If you are pregnant or plan to become pregnant, **quit smoking**. Contact the Learn To Live Line at the Anne Arundel County Department of Health at 410-222-7979 for resources and information about how you or someone you know can quit.

