

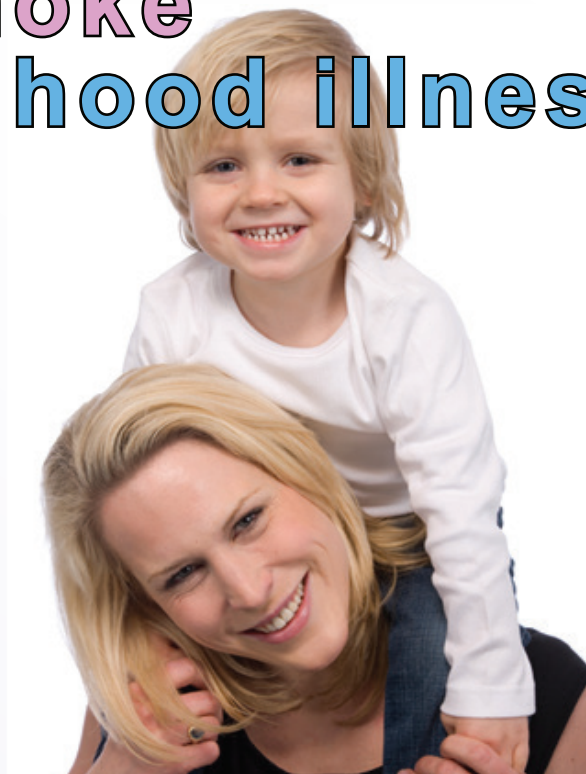
secondhand smoke & childhood illness

did you know?

Secondhand smoke can harm infants and children. Children who are around smoke have a greater chance of developing ear infections, colds, pneumonia and bronchitis.

what is secondhand smoke?

Secondhand smoke is a mixture of smoke given off by the burning end of a cigarette, cigar or pipe and the smoke exhaled from the lungs of smokers. Secondhand smoke can cause cancer.



make your home smoke-free!

- ♥ Children who live in a home where someone smokes have **more respiratory problems** (including bronchitis and pneumonia) than children who live in non-smoking homes.
- ♥ Children who live in a home where someone smokes are five times more likely to have frequent **ear infections**.
- ♥ Secondhand smoke triggers up to **1 million** asthma attacks in children every year.
- ♥ Children whose parents smoke are more likely to become smokers themselves.

*There is no safe way
to smoke indoors.*

protect your child

- Don't smoke in your home or allow others to do so.
- Don't smoke where children are present.
- Don't allow baby-sitters or others who work in your home to smoke indoors or near your children.
- Ask about your child care center's smoking policy

quitting smoking isn't easy.

If you or any member of your family would like help quitting smoking, call the **Lexington-Fayette County Health Department** at (859) 288-2446, or **Kentucky's Tobacco Quit Line** at 1-800-QUIT-NOW/1-800-784-8669.

Source: Smokefree Families and the San Diego Hospital.



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Sudden Infant Death Syndrome & smoking

what is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant that remains unexplained after an autopsy, examination of the death scene and review of the medical record.

did you know?

Infants whose mothers smoke during and after pregnancy are **THREE** times more likely to die from Sudden Infant Death Syndrome (SIDS) than infants of non-smoking mothers.

about SIDS:

- SIDS is the leading cause of death among infants between one month and one year of age. In the United States, **3,000** infants die from SIDS each year.
- Most infants who die of SIDS are between **two and four months of age**.
- SIDS is NOT caused by suffocation, choking, immunizations or vaccinations.

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what makes a baby more likely to die from SIDS?

- Exposure to cigarette smoking during and after pregnancy
- Sleep position
- Too much bedding in the crib
- Infants whose siblings died of SIDS
- Weighing less than 3½ pounds at birth
- Prenatal exposure to heroin, cocaine or methadone

***YOU make a difference.
Provide a
tobacco-free start.***

Source: Smokefree Families and the San Diego Hospital.



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