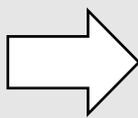


# Secondhand Smoke and Children



Secondhand smoke (SHS) is the smoke or aerosol that comes from the end of a tobacco product. It can also be exhaled by a tobacco user.



Secondhand smoke (SHS) contains many chemicals and toxins and is a leading cause of preventable death

## SHS is harmful to people at any stage of life



before birth



infancy



childhood



adolescence



adulthood

## What are the health effects?

Smoke exposure during pregnancy contributes to:



- Low birth-weight
- Preterm delivery
- Colic
- Stillbirth
- Sudden Infant Death Syndrome
- Cleft lip, cleft palate



*Clean air laws and rules to protect people from SHS are linked to better health outcomes*



Children exposed to SHS are at risk of:

- Asthma, breathing problems
- Tooth decay
- Pneumonia
- Earaches
- Sleep problems
- Developmental delays
- Vision problems
- Cardiovascular risk



**2 in 5 children in the US are exposed to SHS**



Rates are disproportionately high for African American children; who are more likely to be exposed to SHS than any other racial group.

The most common source of SHS exposure for youth is smoking by parents or caregivers in the home



Smoking in a different room, using fans, or smoking in front of an open window does not prevent SHS exposure



In multi-unit housing, smoke travels through ventilation systems and common areas

## How to Protect against Secondhand Smoke



- Do not allow smoking or e-cigarette use in your home or car
- Do not allow smoking or e-cigarette use near you or your children
- One important way to protect against SHS is to quit smoking and e-cigarette use
- Talk with your child's pediatrician about ways to keep your child safe from SHS

