

Secondhand Smoke: A Health Hazard to Children



MISSISSIPPI
STATE DEPARTMENT OF HEALTH



Smoke-Free Homes Program
Programa de hogares libres de humo



Children's Exposure to Secondhand Smoke



Millions of children six years old and younger are regularly exposed to secondhand smoke in the home.





What is Secondhand Smoke?



- Smoke breathed out by a smoker
- Smoke from the burning end of cigarettes, cigars, pipes
- Has more than 7,000 chemicals, many of these chemicals are toxic and may cause cancer (ex: benzene)
- Poisonous gases include carbon monoxide, ammonia, and cyanide

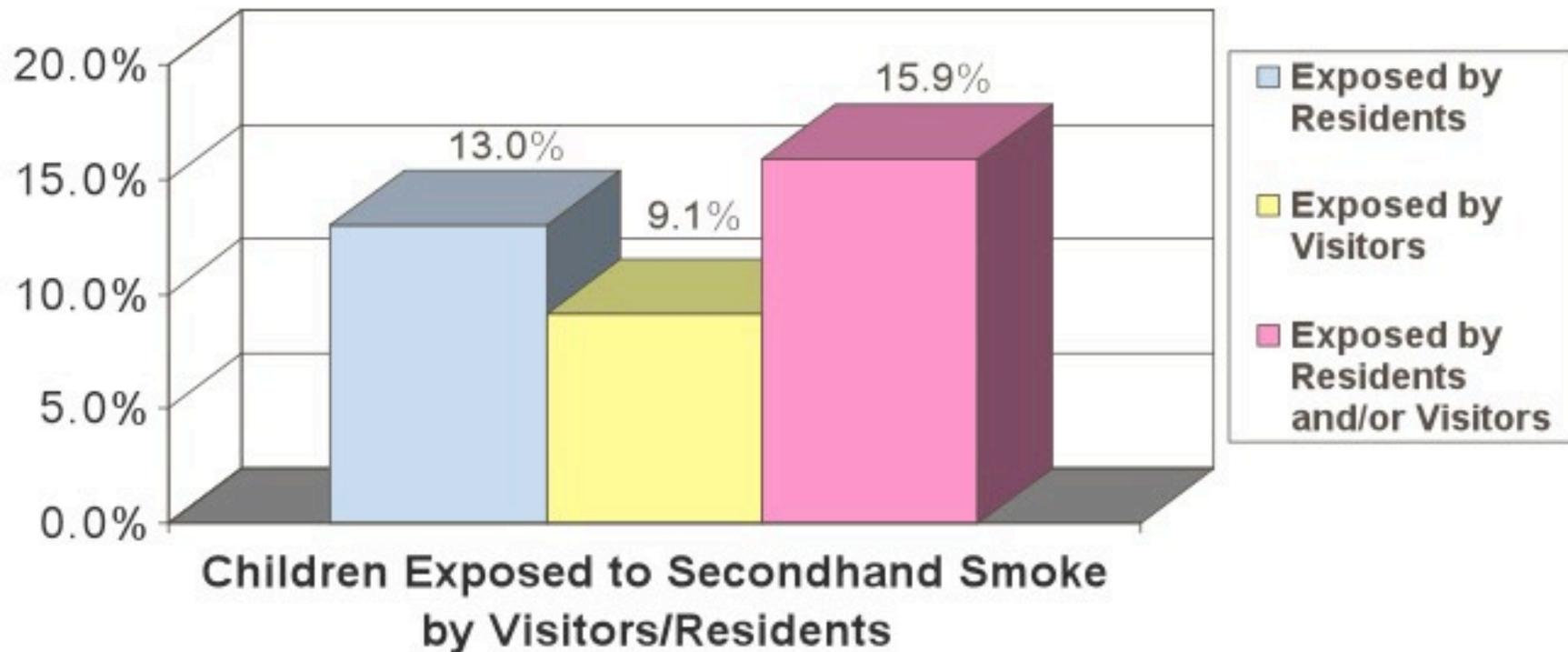
Source: U.S. Department of Health and Human Services. *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General*, 2010.



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All Secondhand Smoke Exposure: Children Aged 6 and Younger



Source: CDC/EPA National Survey on Environmental Management of Asthma and Children's Exposure to Secondhand Smoke, 2003.



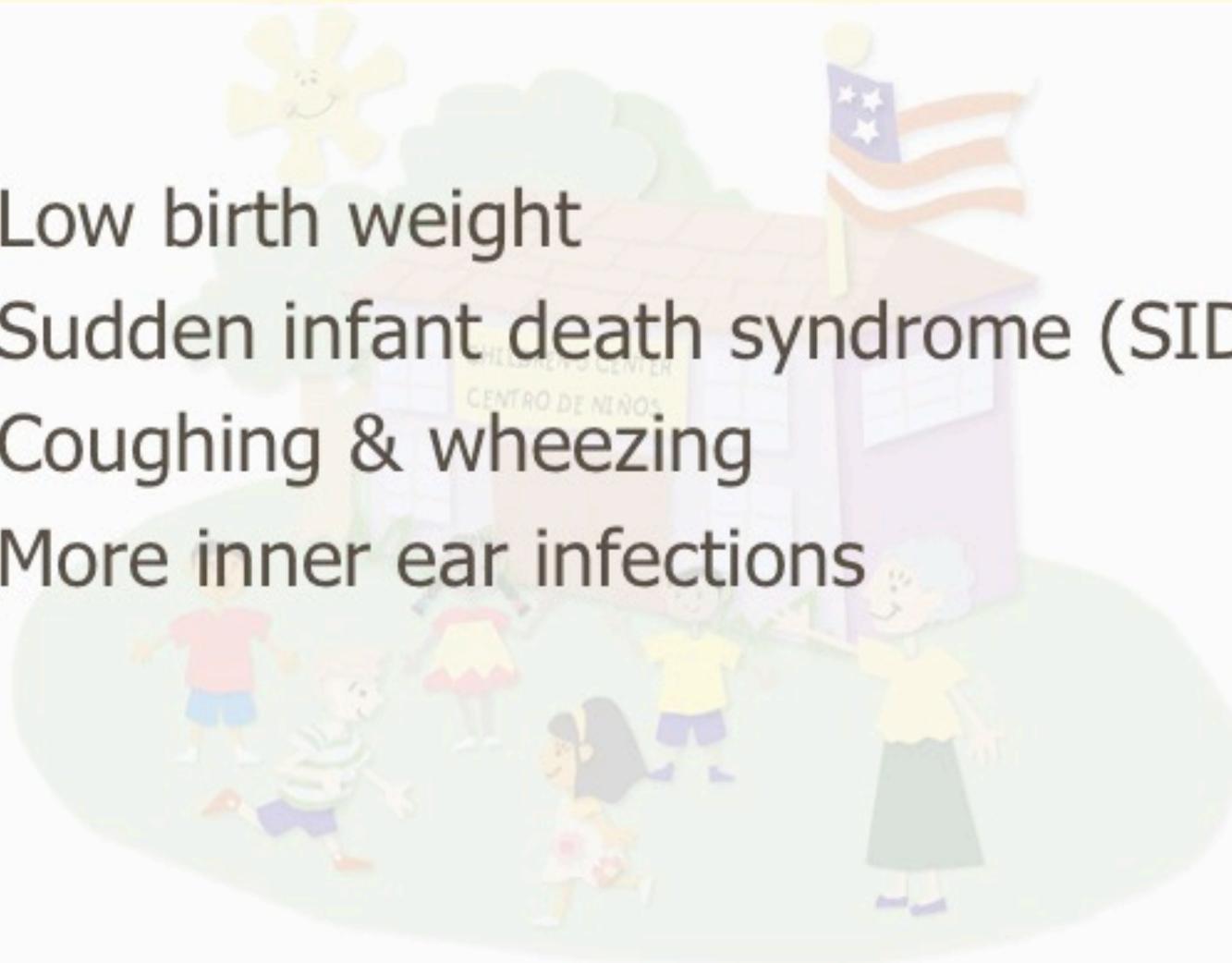
Smoke-Free Homes Program
Prevention of Secondhand Smoke in Homes



Health Risks



- Low birth weight
- Sudden infant death syndrome (SIDS)
- Coughing & wheezing
- More inner ear infections

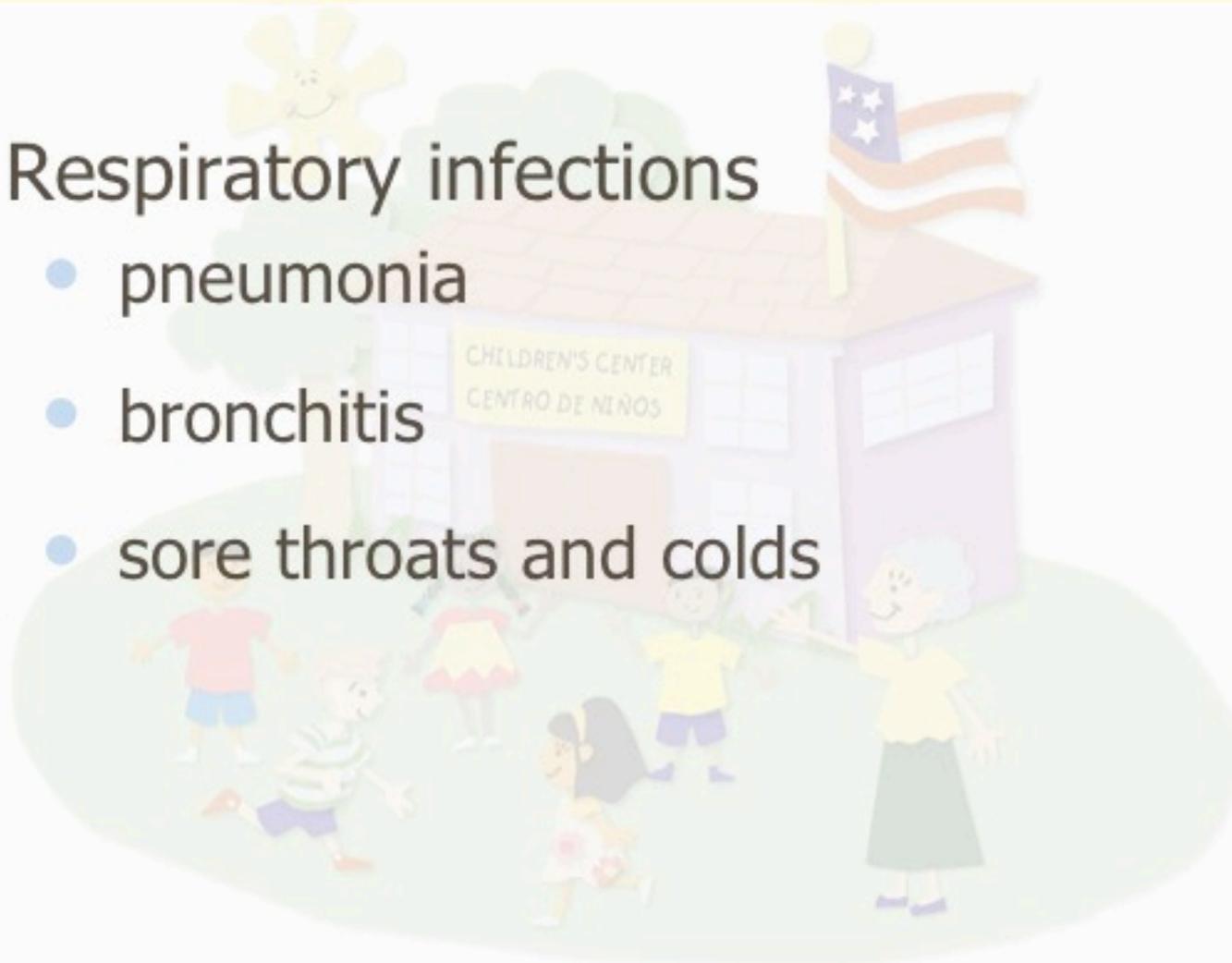




Health Risks



- Respiratory infections
 - pneumonia
 - bronchitis
 - sore throats and colds





Asthma



- Asthma is a disease that causes the lungs to tighten and swell
- Asthma is incurable, yet controllable
- Secondhand smoke is the most universal trigger of asthma episodes, especially in children

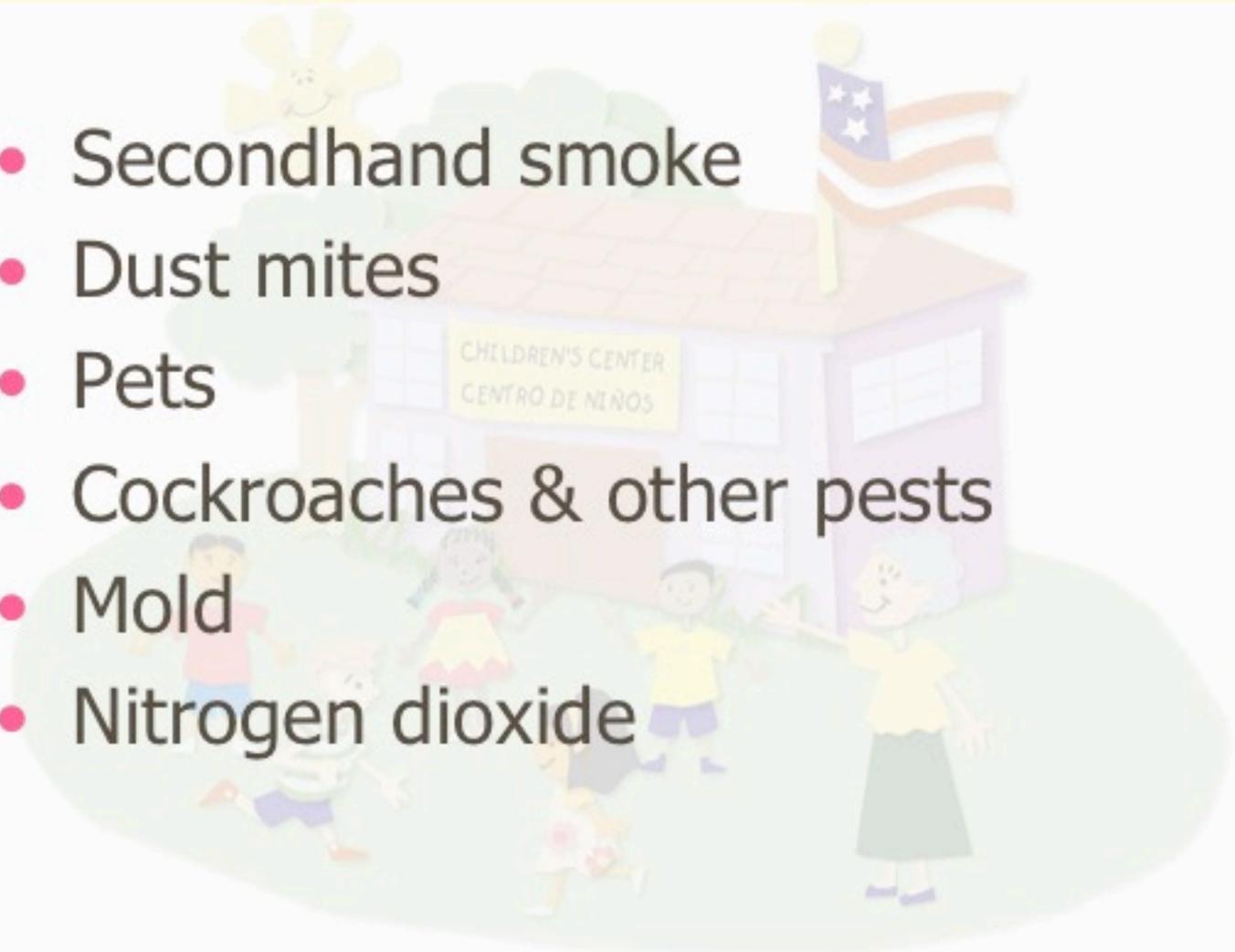




Indoor Asthma Triggers



- Secondhand smoke
- Dust mites
- Pets
- Cockroaches & other pests
- Mold
- Nitrogen dioxide





Addressing Asthma



- Talk to a Doctor
- Make a Plan
- Asthma-proof your Home





How to Protect Children



- Pledge not to smoke in your home or car
- Don't allow others to smoke in your home or car
- Choose a smoke-free child care provider
- Until you can quit, smoke outside
- Ready to quit? Call the Mississippi Tobacco Quitline at 1-800-QUITNOW (1-800-784-8669)





How to Promote *Smoke-free Homes*



- Work with child care centers, WIC offices, health clinics, and other organizations
- Hand out brochures and other *Smoke-free Homes* materials at community events
- Think of ways to include the *Smoke-free Homes* message at parents meetings, churches, and kids' clubs





How to Promote *Smoke-free Homes*



1. Educate parents, caregivers, and community leaders
2. Collect pledges
3. Publicize your smoke-free home messages





How to Learn More



- Contact the local MS Tobacco-Free Coalition (MTFC) Director (www.tobaccofreems.org) or the MSDH Office of Tobacco Control (1-866-458-4948)
- Visit EPA's *Smoke-free Homes* Web site – www.epa.gov/smokefree

