

Commit to keeping your  
home and car  
100% smoke-free



Smoke-Filled rooms can have up to six times the air pollution as a busy highway

It's not enough to:

- Move to another room
- Turn on a fan
- Open a window
- Blow smoke away
- Use fresheners or candles

For More Information on Secondhand Smoke  
Call 1 866 203-1039

For Assistance with Quitting Smoking  
Call 1 800 QuitNow  
784-8669



Aberdeen Area Tribal Chairmen's Health Board  
Northern Plains Tobacco Prevention Project

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Protect Your Children  
Take the Smoke-Free Home  
Pledge



If Children Are Sacred,  
Shouldn't Their Air Be?

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# Secondhand Smoke

Secondhand smoke is a mixture of:

- 1) **Sidestream smoke** - smoke given off by the burning end of tobacco products &
- 2) **Mainstream smoke** - smoke exhaled by smokers

Secondhand Smoke contain more than 4,000 chemicals and 50 known cancer causing agents

People who breathe secondhand smoke can develop serious health problems

When adults smoke in their homes and vehicles there is no escape for children.

**Children who breathe secondhand smoke are more likely to suffer from:**

- Bronchitis and pneumonia
- Wheezing and coughing spells
- More ear infections
- More frequent and severe asthma attacks

**Secondhand smoke exposure among children and infants is linked to:**

- Sudden Infant Death Syndrome (SIDS)
- Decreased School Performance
- Low infant birth weight

**Adults who breathe secondhand smoke are most at risk for:**

- Heart Disease & Lung Cancer
- Poor Pregnancy Outcomes

## Steps to Protect Your Children From Secondhand Smoke

-  Stop Smoking!
-  Don't allow smoking in your home or car.
-  If you must smoke, smoke outside.
-  Do not smoke while you are pregnant.
-  Choose a childcare facility that is smoke-free.
-  Do not allow people to smoke around your child.
-  Talk to your child about the dangers of tobacco products