

NUTRITION

On Your
Own

Self-Paced Lesson

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How does Secondhand Smoke affect my family?



Secondhand smoke affects everyone.

Tobacco smoke contains about 4,000 chemicals, including 200 known poisons such as DDT, arsenic, and carbon monoxide. Every time someone lights up a cigarette, cigar or pipe, these poisons are released into the air. Everyone around a smoker is exposed to this secondhand smoke and the poisons in it.

Secondhand smoke affects my children.

Children of smokers have a greater chance of developing health problems such as:

- colds
- ear infections — congestion in the ear tubes resulting in poor fluid drainage
- bronchitis and pneumonia — especially during the first two years of life
- asthma
- congestion & wheezing
- increase mucous and phlegm production



Secondhand smoke affects my baby.

Babies who are around secondhand smoke have more health problems than babies who do not breathe smoke, such as:

- SIDS (Sudden Infant Death Syndrome). SIDS is the sudden, unexplained, unexpected death of an infant before age 1 year.
- low birth weight
- weaker lungs
- infections



Secondhand smoke affects pregnant women.

Pregnant women who smoke or are exposed to secondhand smoke have:

- a higher rate of miscarriages and stillbirths,
- an increased risk of having low birth weight infants,
- children born with decreased lung function, and
- children with a greater risk of sudden infant death syndrome (SIDS).

The more a baby, child, or pregnant woman is exposed to secondhand smoke, the greater the risk of harm.

What can you do to protect your family from secondhand smoke?

- If someone is smoking around you or your children, speak up! Tell people NOT to smoke around your children.
- If you are in a place where someone is smoking inside, take your children outside.
- Make sure that your children's home daycare, babysitter's house, or school is smoke-free.
- Avoid secondhand smoke exposure especially if you or your children have respiratory conditions, like asthma, or if you are pregnant.

Think about it! Young children depend on us to provide them with clean air to breathe.

If you are a smoker, the best way to protect your family from secondhand smoke is to quit smoking. In the meantime, you can protect your family by only smoking outside. If you or someone you know wants help quitting

smoking, talk to the WIC staff or call the American Cancer Society Toll-free Quitline. 1-877-YES-QUIT or 1 (877) 937-7848. The Quitline provides free advice and counseling by phone 24 hours a day.

Questions:

1. List *two* health problems your child can have from breathing secondhand smoke.

2. What is *one thing* you can do to protect your child from secondhand smoke?

3. List *two* poisons in secondhand smoke:

4. What is the most important part of this lesson for you and your family?

Risks of Secondhand Smoke

CHILDREN — Exposure to secondhand smoke can cause children to develop asthma, bronchitis, chronic colds, pneumonia, and ear infections.

INFANTS — Exposure to secondhand smoke increases the risk that infants will die of Sudden Infant Death Syndrome (SIDS).

WOMEN — Exposure to secondhand smoke or using tobacco during pregnancy may have serious side effects on the baby, such as low birth-weight, nicotine addiction, stillborn, SIDS, and possible premature birth. If you smoke and already have children, they are twice as likely to become smokers.

EVERYONE — Tobacco smoke contains about 4,000 chemicals, including 200 known poisons such as DDT, arsenic, and carbon monoxide. Secondhand smoke causes lung cancer, other types of cancer, and heart disease in nonsmokers.

SMOKERS — People who get help double their chances of quitting — for good.

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