

Name of Child: _____ Date: _____

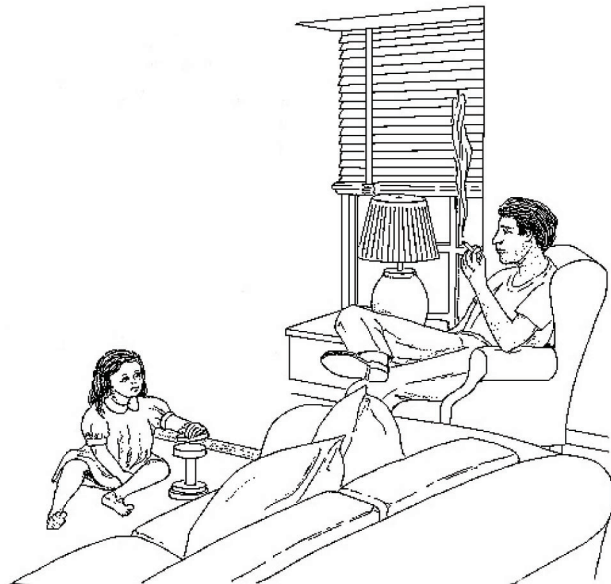
Secondhand Smoke

What is secondhand smoke?

Secondhand smoke is the smoke that comes off the burning end of a cigarette, pipe or cigar and the smoke that is blown out from the lungs of smokers. People around a smoker get the smoke **secondhand**. You can also breathe secondhand smoke just by being in a place where someone has smoked.

Secondhand smoke is mixture of more than 4,000 different chemicals. More than 40 of these cause cancer in people or animals. The smoke that comes from the end of a burning cigarette has two or three times more harmful chemicals than the smoke that the smoker breathes out. This is because it does not pass through the cigarette filter.

Secondhand smoke hurts everyone, especially infants and young children.



People around a smoker get the smoke secondhand.

What can secondhand smoke do to my child?

Children whose parents smoke are more likely to get:

- reactive airway disease
 - wheezing
 - asthma
- cancer
- infections
 - sinus
 - throat
 - ear
 - pneumonia
 - flu
 - colds
 - bronchitis
- sore throats
- coughs
- red, itchy eyes

Secondhand smoke is a real problem for children with asthma. Smoke causes them to get more asthma flares which are more serious. It also causes more visits to the Emergency Room, and more hospital stays. Secondhand smoke may even cause children to get asthma. Secondhand smoke is can also cause serious problems for children with cystic fibrosis or chronic illnesses.

A child who spends years in a home with secondhand smoke is twice as likely to get lung cancer than a child whose home did not have smoke. This is true even if the child never smokes.

How can I help my child?

- Keep your child away from secondhand smoke.
- Stop smoking.
 - If you need help, talk to your doctor.
 - To find a program that can help you quit, call **Ashline** at **1-800-556-6222**
Or go to **www.ashline.org** for more information.



Stop smoking.

For the free booklet: **You Can Quit, We Can Help** go to:
http://www.ashline.org/documents/ASHLine_Step_By_Step_English.pdf

• **If you don't stop smoking, change your smoking habits.** Remember that smoke stays even after you are done smoking.

- Smoke outside the home, even when your child is out.
- Don't let other people smoke in your home, either.
- Never smoke in the car. Even if the windows are open, smoke fills the car.
- Sit in non-smoking sections in restaurants and offices.
- When you go outside to smoke, put a shirt over your clothes. Take it off when you go back into the house.

• If you want more information about secondhand smoke, call the Indoor Air Quality Information Clearinghouse at 1-800-438-4318.

Now that you've read this:

- Tell your nurse or doctor why secondhand smoke is bad for your child.
(Check when done.)

- Tell your nurse or doctor what you can do to keep your child away from secondhand smoke. (Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
Facebook: facebook.com/theemilycenter
Twitter: @emilycenter
Pinterest: pinterest.com/emilycenter

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Tuesday, July 29, 2014 • DRAFT to family review
#41 • Written by Gena Scott Wilson, BSN, RN • Illustrated by Dennis Swain
This handout is also available in Spanish as #165/41s.

Secondhand Smoke

Name of Health Care Provider: _____

Date returned: _____ db

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!