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.
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.
• 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 __________________________
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.
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

Thank you for helping us!