



What you can do at home to reduce children's health risks :

- ♦ Choose not to smoke in your home and do not let others do so.
- ♦ Choose not to smoke when the children are present, especially infants and toddlers. They are very susceptible to the effects of passive smoking.
- ♦ Do not allow baby-sitters or others who work in your home to smoke inside or near your children.
- ♦ Choose not to smoke in your car.

For more information contact:

- ♦ Quit Smoking NOW



- ♦ Florida QuitLine



- ♦ Florida Department of Health



- ♦ Centers for Disease Control and Prevention



- ♦ Your family doctor or your child's doctor



There is No Risk-Free
Level of Exposure to
Secondhand Smoke

Children and Secondhand Smoke

IF SMOKING IS ALLOWED IN YOUR HOME OR WHERE YOUR CHILD IS IN CARE, **READ THIS.**

The 2006 Surgeon General's report noted that **60 percent** of US children aged 3-11 years—nearly **22 million** young people—are exposed to secondhand smoke.



- ♦ Infants and young children are especially vulnerable to the poisons in secondhand smoke.
- ♦ Babies are more likely to die from **Sudden Infant Death Syndrome (SIDS)** than babies who are not exposed to cigarette smoke.
- ♦ Babies who are exposed to secondhand smoke have **weaker lungs** than other babies, which increases the risk for many health problems.
- ♦ Secondhand smoke exposure causes acute lower respiratory infections such as **bronchitis** and **pneumonia** in infants and young children.
- ♦ Secondhand smoke exposure causes children who already have **asthma** to experience more frequent and severe attacks.
- ♦ Secondhand smoke exposure causes respiratory symptoms, including **cough**, **phlegm**, **wheeze**, and **breathlessness**, among school-aged children.
- ♦ Children exposed to secondhand smoke are at increased risk for **ear infections** and are more likely to need an operation to insert ear tubes for drainage.

Smoking, childcare and the law

In choosing child care, there is much to consider. One concern is whether your child will be exposed to tobacco smoke. Parents should know that smoking is not permitted in licensed centers or registered family and group day care homes.

However, your child might be cared for in an unregulated home. It is up to you to find out if people smoke at the home where your child is in care. A healthy environment for your child is your responsibility. It is also your right.

Find out about the smoking policies of the day care providers, pre-schools, schools, and other caregivers for your children.

