Secondhand Smoke is When Someone Who Doesn’t Smoke Inhales Tobacco Smoke or Vapor

- Secondhand smoke is harmful to adults and children.
- It increases the risk of:
  - infant prematurity.
  - SIDS (Sudden Infant Death Syndrome).
  - breathing problems, such as asthma, in children.
  - lung cancer in adults.

Smoking Outside Can Help, but Your Children Still Get Third Hand Smoke

What is third hand smoke?

- The smoke left on clothes, coats, hair, furniture, curtains, carpets, etc.
- The chemicals from tobacco smoke that stays in clothes, coats, carpets and furniture for months.

Things you can do to help your child

- Smoke outside only. Do not smoke in the car.
- Don’t let anyone else smoke in your house or car.
- Wash your hands as soon as you come inside.
- Wear a smoking jacket when you smoke outside and take it off before you come inside.

Things you can do for yourself and your whole family

- Quit smoking.
- Talk to your doctor, your doctor may be able to help you.
- Find a friend who wants to quit, you can support each other.
- Call the Tobacco Quitline 1-800-QUIT-NOW (1-800-784-8669)
  www.ksquit.org

Don’t be fooled by e-cigarettes

- E-cigs, hookah pens, personal vaporizers, vapes, e-shishas…..
- These are all battery-operated nicotine and drug delivery devices.
- Just like cigarettes, vaping exposes others to chemical laden vapor.
- Some e-liquid is flavored and children can be poisoned by eating it or getting it on their skin.