

# Passive Smoke and Your Lungs

You don't need to smoke to be hurt by tobacco smoke. Just being around a burning cigarette can be a health risk. This is called "passive smoking."

Passive smoke comes from two sources: secondhand smoke and side stream smoke. Secondhand smoke is the smoke exhaled by the smoker. Side stream smoke is the smoke that rises off the end of a burning cigarette.

Both are very harmful to the non-smoking child.

## Why is it important to keep my child away from passive smoke?

All of the conditions below are made worse by exposure to passive smoke:

- Asthma attack
- Wheezing
- Colds or upper respiratory infections
- Sinus infections
- Eye irritation
- School absenteeism caused by illness.
- Crib deaths (Sudden Infant Death Syndrome)
- Coughs
- Pneumonia
- Croup or laryngitis
- Flu (influenza)
- Ear infections
- Middle ear fluid and blockage

## What can I do to help?

- Choose not to smoke.
- Don't smoke inside your home.
- Wear a "smoking jacket" when you smoke outdoors. Cigarette smoke gets on your clothes and can be harmful when you hold or get near your child. If you must smoke, select a jacket to wear outside and remove it before going back into the house.
- Avoid leaving your child with someone who smokes.
- Ask others to help you. Decide as a family to enforce a "no smoking" policy in your home.

