

# Quick Facts about Secondhand Smoke and Children

- \* Maternal smoking and tobacco smoke exposure is a leading risk factor for Sudden Infant Death Syndrome (SIDS).
- \* Babies born to moms who smoke have reduced birth weight, which is a leading cause in infant death.
- \* Increase risk of lower respiratory tract illness including - Bronchitis, and Pneumonia.
- \* Increases risk of acute and chronic middle ear disease (ear infections).
- \* Increases severity and frequency of symptoms in children with asthma.
- \* Parental smoking is linked to learning difficulties, behavioral problems and language impairment.
- \* Increases the risk of some childhood cancers.
- \* Parental smoking is a risk factor for children using tobacco as they grow older.
- \* Associated with physical changes in children that may increase the risk of heart disease.
- \* There is no safe level of exposure to secondhand smoke. Even brief exposure causes damage.



- \* "Third" hand smoke is also dangerous. Even if you can smell the odor and no smoke is present, kids are still exposed to the harmful cancer-causing chemicals.

## What You Can Do

- \* Quitting is the best thing you can do for you and your child's health. It has immediate and long term benefits.
- \* If you are not ready to quit now, not smoking in the house or car will help.

Washington State Department of Health  
**Tobacco Quit Line**  
**1-800-QUIT-NOW**  
toll-free 1-800-784-8669  
QUITLINE.COM