



Kick cigarettes out of your house

You know that smoking can cause health problems, including heart disease and cancer. But if you smoke inside your home, you could be hurting everyone who lives with you. Anyone who is around cigarette smoke is exposed to secondhand smoke.

- Secondhand smoke contains more than 4,000 chemicals. Many of these have been proven to cause cancer and irritate the lungs.
- Secondhand smoke can trigger asthma attacks and they happen more often and with more severity in children.
- Children whose parents smoke have more ear infections, bronchitis and pneumonia.

You and your family can be healthier if you don't allow any smoking in your home. And don't allow guests to smoke in your home or around your children. If your children regularly visit another home, such as a child care provider, make sure no one smokes in that home.

If you need help quitting, call 1-800-QUIT-NOW or visit smokefree.gov for free resources.

Source: Asthma and Allergy Foundation of America