

10 FACTS

You Should Know:

Tobacco smoke blown into the air is poisonous.

Second hand smoke is the common name for more than 4,000 different chemicals that are released into the air as tobacco is smoked. Many of these chemicals have been shown to cause cancer.

A cigarette left burning in an ashtray puts off more poisons than a cigarette that is being puffed on.

When a person smokes tobacco, their lungs act as a filter before they exhale the smoke. Smoke coming directly from the burning tip of a cigarette is not filtered and gives off more poisons than a cigarette being smoked.

Furniture, drapes, carpeting, and even the clothes you wear absorb second hand smoke.

Poisons from the smoke are absorbed onto walls, furniture, clothes, toys, and human skin from ten-minutes up to several hours after a cigarette is smoked. Dangerous particles from the smoke may be active for months afterwards. This is especially dangerous for babies who crawl or play on the floor.

Children who are around second hand smoke get sick more frequently.

Children who live in a house with cigarette smoke are more likely to die from crib death, have severe episodes of asthma & pneumonia, have frequent ear infections that can cause them to lose their hearing, and have trouble in school with learning and behaving.

Children get sicker from cigarette smoke than adults do.

This is because children breathe faster, breathe more air, and have smaller airways than adults.

Heating, air conditioning, and fans actually make the problem worse.

These systems actually spread cigarette smoke through an entire home or room rather than cleaning the air.

Smoking outside does not protect the child from the tobacco smoke.

Second hand smoke clings to the adult's clothing, hair, and skin, bringing the poisons into the home and in close contact with the baby.

Smoking in a car creates even more danger for the child.

The level of poisons from second hand smoke is highest in closed areas, so smoking in a car, especially with the windows closed, causes even greater problems for the child and anyone else in the car.

If you do smoke, there are some things that help reduce your child's exposure to second hand smoke.

You can: smoke outside then shower and shampoo and put on fresh clothing before holding or feeding your child, smoke only when the child is not around, and smoke fewer cigarettes. These are only small steps. They do not completely protect your child.

Make your home a smoke free world for your child.

Don't let anyone - family, friends, visitors - smoke in your home. Most importantly, ask your doctor for help in quitting smoking.



References from research articles regarding these "10 Facts" can be found at www.ntiupstream.com

**Keep your family
safe and healthy**