

# EVEN A LITTLE SECONDHAND SMOKE IS TOO MUCH

Tobacco smoke has over 7,000 chemicals. Over 70 of them are known to cause cancer. Children are especially at risk from the dangers of secondhand smoke because their lungs are still growing.

Children who are exposed to smoke are more likely to develop:



**ASTHMA**



**COUGHING/WHEEZING**



**BRONCHITIS**



**SORE THROATS**



**PNEUMONIA**



**EAR AND EYE INFECTIONS**



**COLDS**



**ALLERGIES**

**“THERE IS NO SAFE LEVEL  
OF SECONDHAND SMOKE  
AROUND CHILDREN.”**

– U.S. Surgeon General

After the smoke disappears, its poisons stay. These toxins cling to carpets, walls, furniture, and even toys and stuffed animals.

**THE BEST PROTECTION AGAINST  
SECONDHAND SMOKE IS TO LIVE SMOKE-FREE.**

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# GO SMOKE-FREE AROUND OTHERS

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- Set firm rules against smoking in your car and home. It is actually against Maine law to smoke in a motor vehicle if children under 16 are in the vehicle.
- If anyone asks to smoke, be polite but firm. Most people will understand. If you need to explain, tell them that secondhand smoke is harmful, especially to children.
- Offer smokers a sweet substitute – keep chewing gum or mints on hand.
- Ask family, friends, and babysitters not to smoke around your children.
- Talk to your children about secondhand smoke. Tell them to avoid it, if they can. Explain it's okay to politely ask adults not to smoke around them.

Protect your loved ones from the risks of secondhand smoke:

Take the Smoke-free Homes Pledge at

**[BreatheEasyMaine.org/Pledge](https://BreatheEasyMaine.org/Pledge)**

Whether you're thinking about quitting or are ready to quit

MAINE  
**QUITLINK**.COM  
1-800-QUIT-NOW

