

Breathing second-hand smoke can cause...

- SIDS (Crib Death)
- Heart Disease
- Asthma
- Coughing
- Colds
- Ear Infections
- Allergies
- Wheezing
- Pneumonia
- Bronchitis
- Lung Cancer

Make a difference in your child's health:

- Ask family and friends to **never** smoke near your children.
- Do not allow smoking in your home.
- Do not allow smoking in the car.
- Look for a daycare center where no one will smoke while they are with your children. In California, all daycare centers are required to be smoke-free.
- If you smoke, make a plan to quit. Do it for your health and the health of your family.

Get support
and quit tobacco 

Infants and children are especially vulnerable

Children living with a parent or caregiver who smokes...

- are exposed to over 4,000 chemicals in tobacco smoke, 200 of which are poisonous, and over 40 can cause cancer.
- breathe the same harmful chemicals that smokers do.
- are more at risk of dying from Sudden Infant Death Syndrome (crib death).
- get almost twice as many colds and sore throats (and stay sick longer) than children whose parents do not smoke.
- have more ear infections than children not exposed to tobacco smoke.
- are more likely to develop asthma or bronchitis.
- will be more likely to have heart disease, breathing problems or lung cancer when they grow up.
- are more likely to begin smoking than children of parents who do not smoke or have quit.

For information

For more information about Kaiser Permanente's tobacco cessation services available at no cost to members, go to kp.org/healthyliving.

If you would like **free** help to quit smoking or chewing tobacco, call the California Smokers' Helpline.

1-800-NOBUTTS (1-800-662-8887)
English for teen and adult smokers

1-800-844-CHEW (1-800-844-2439)
English for teen and adult chew tobacco users

1-800-933-4TDD (1-800-933-4833)
Hearing impaired line for teen and adult smokers and chew tobacco users

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.



smoke SIGNALS

"Second-hand smoke is a serious health hazard that can lead to disease and premature death in children and nonsmoking adults."

*U.S. Surgeon General
Richard H. Carmona, 2006*

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