



BEFORE YOU LIGHT UP, LOOK DOWN.

Children exposed to secondhand smoke are more likely to suffer from ear infections and asthma.

Secondhand smoke hurts.

Protect your kids' health. Give them smoke-free lives.

What is secondhand smoke?

- It is smoke that comes from a burning cigarette, cigar, or pipe.
- It can make children and adults sick.



Secondhand smoke hurts kids.

- It has over 7,000 chemicals and poisons.
- It causes ear infections. Kids who breathe it have more ear operations.
- It is bad for the lungs. Kids who breathe it get coughs, bronchitis, and pneumonia more often.
- It gives kids with asthma worse attacks. They also have attacks more often.
- It can hurt pregnant women and their babies.



Secondhand smoke is never safe.

- When you breathe it, you get the same bad air that smokers do.
- Smoke stays in your clothes, hair, and home—even after a cigarette is put out.
- You can not get rid of it by opening a window, sitting away from a smoker, or using air filters or a fan.

Give your children smoke-free lives.

- Do not let anyone smoke around your kids.
- Do not smoke in your home or car.
- Ask friends and family not to smoke in your home or car.



Get **FREE** help to quit smoking at
1-800-QUIT NOW (1-800-784-8669).
makesmokinghistory.org



Massachusetts Department of Public Health

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