

DON'T MAKE *CHILDREN* CHOKE ON YOUR *SECONDHAND* SMOKE!

- ❖ If you smoke, go outside. Don't smoke in the car or around children.
- ❖ Secondhand smoke kills more people than AIDS, alcohol, drug abuse, car crashes, murders, suicides, and fires — combined!
- ❖ Secondhand smoke causes up to 300,000 lung infections (asthma, pneumonia and bronchitis) in infants and young children each year.
- ❖ Secondhand smoke is linked with **Sudden Infant Death Syndrome.**
- ❖ Secondhand smoke is the leading cause of middle ear infections in children.
- ❖ Spending just 30 minutes breathing secondhand smoke can do as much damage to the heart of a non-smoker as that of a smoker.
- ❖ Remember, we can choose not to breathe secondhand smoke. Our children can't. Please, go outside for the children.
- ❖ Call 1-800-513-1157 for your Smoke-free Home Pledge kit or visit www.epa.gov/iaq/ets



Department of Health

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