

Smoking Around Children...



Do You Know What Can Happen?

1. **Your child may be affected both by the smoke from a burning cigarette and by second-hand or *passive smoke*** – the smoke that the smoker blows back out after inhaling.
2. **Passive smoke is worse than the smoke that a smoker inhales from a cigarette.** Passive smoke is much stronger.
3. Secondhand e-cigarette vapor according to the Surgeon General has heavy metals and tiny particles that can harm the lungs. The American Lung Association cautions against allowing children to be exposed to secondhand e-cigarette aerosol.
4. **What happens to children when they are around passive smoke?**
 - More respiratory illnesses, including asthma.
 - Allergies develop that can cause ear infections.
 - Growth may be slowed.
 - Increased chance of having chronic lung disease as an adult.
5. **Here are some good ideas for ways to help keep children away from smoke:**
 - Don't smoke in the same room as children.
 - Don't smoke inside cars if children are present.
 - Don't smoke in areas that children spend most of their time in, like in the playroom..
 - Designate certain areas for smoking, like outside.
6. If you have any questions about smoking and your child, talk with your health care provider.

We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

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