

## Secondhand Tobacco Smoke and the Health of Your Family

Information from the United States Environmental Protection Agency

### Secondhand Smoke is Dangerous

Everyone knows that smoking is bad for smokers, but did you know:

- Breathing in someone else's cigarette, pipe or cigar smoke can make you and your children sick.
- Children who live in homes where people smoke may get sick more often with coughs, wheezing, ear infections, bronchitis or pneumonia.
- Children with asthma may have asthma attacks that are more severe or occur more often.
- Opening windows or using fans or air conditioners will not stop secondhand smoke exposure.
- The U.S. Surgeon General says that secondhand smoke can cause Sudden Infant Death Syndrome, also known as SIDS.
- Secondhand smoke can cause lung cancer and heart disease.

### Remember

Keeping a smoke-free home and car can help improve your health, the health of your children and the health of the community!

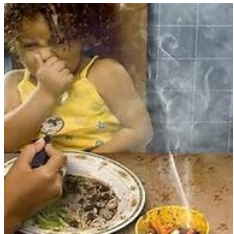
### Protect Your Family

Take simple steps to keep your family safe from secondhand smoke.

- Make your car and home smoke-free.
- Family, friends, or visitors should *never* smoke inside your home or car.
- Keep yourself and your children away from places where smoking is allowed.
- If you smoke, smoke only outdoors.
- Ask your doctor for ways to help you stop smoking.

### Make Your Home & Car Smoke-Free

Secondhand smoke is the smoke that comes from the burning end of a cigarette, cigar, or pipe. Secondhand smoke can make you and your children sick.



For more information contact the local air agency,  
**Akron Regional Air Quality Management District** at  
330.375.2480 or visit the website: [www.araqmd.org](http://www.araqmd.org).