

**1**  
Don't smoke in your car with children present.

Give your child a chance to breathe clean air.

**2**  
Smoke outside your home.

Invisible toxic particles from smoking stay in the house for hours.

**3**  
Ask everyone not to smoke around your children.

Tell baby-sitters and child-care workers not to smoke around your children.

### In adults, tobacco smoke

- can cause cancer.
- can make it easier to get lung diseases, a heart attack, or a stroke.

Not everyone can stop smoking right now, but every smoker can decide not to smoke around children.

If you or any of your family members would like to quit, call for more information:



Coalition  
for a  
Smoke-Free  
Valley

610-969-4855

Allentown Health Bureau  
Bethlehem Health Bureau

DEPARTMENT OF  
**HEALTH**

... in pursuit of good health

*Edward G. Rendell, Governor*

Lehigh Valley Hospital  
and Health Network

[www.smokefreevalley.org](http://www.smokefreevalley.org)

# Make **3** Choices for Your Children's Health



[www.smokefreevalley.org](http://www.smokefreevalley.org)

# Tobacco smoke can harm your children.

Protect your children.

There is no safe way to smoke indoors.



Invisible toxic particles from cigarette smoke stay in a room for upwards of 3-4 hours after the cigarette has been smoked.

The only known way to prevent the harmful effects of tobacco smoke is to never expose children.

## What is secondhand smoke?

It is the smoke given off by the burning end of a cigarette, pipe or cigar and the smoke exhaled by the person who is smoking it. It is also known as tobacco smoke.

The smoke from tobacco products contains over **4,000 chemicals**; **43** of them can **cause cancer** in humans.



Children exposed to tobacco smoke experience:



- Frequent colds and ear infections.
- Tobacco smoke may also cause thousands of healthy children to develop asthma each year.
- Higher risk of pneumonia and bronchitis.
- Children who breathe tobacco smoke can have more asthma attacks and the episodes can be more severe.
- Increased coughing and wheezing.
- Infants exposed to tobacco smoke could be at increased risk for Sudden Infant Death Syndrome (SIDS).
- Weaker lungs.

If you are pregnant, seek help to quit smoking!