



Smoking is  
dangerous for you  
& your children!

**Secondhand smoke** is what you smell and breathe when someone else is smoking.



**Secondhand smoke can cause:**

- Harm to an unborn baby and result in prematurity or low birth weight.
- Short survival after birth and has been linked to Sudden Infant Death Syndrome (SIDS).
- Children to get sick more often with coughs, breathing problems such as asthma, and ear infections.
- Adults to get lung cancer and is bad for the heart.

**Secondhand smoke** does not go away even when you turn on fans or open windows in homes, cars or other confined places.

**Thirdhand smoke** is the odor you smell and breathe from a smoker's clothing or hair, the interior of their car or inside their home long after the smoke is gone.



**Thirdhand smoke toxins can cause:**

- Harm to an unborn baby, resulting in learning and behavioral problems such as ADHD (attention deficit hyperactivity disorder).
- Pediatric health problems, such as cancer, lower IQ and low reading scores.

**Thirdhand smoke** is especially easy for a small child to come in contact with when they crawl and play on contaminated surfaces or when they lay their head on the shoulder of a smoker.



*Sedgwick County...  
working for you*

For more information on **secondhand smoke** and **thirdhand smoke**, contact the Sedgwick County Health Department at 316-660-7350, or visit [www.sedgwickcounty.org](http://www.sedgwickcounty.org).

For information on prenatal and parenting education groups that provide information on the effects of smoking on you and your baby, please call Healthy Babies at 316-660-7433.

If you want to quit now or get information for a loved one, the *Kansas Tobacco Quitline* can help. Call the Quitline now at 1-800-QUIT-NOW!