

Secondhand Tobacco Smoke and the Health of Your Family



Make your home smoke-free.

Secondhand smoke is the smoke that comes from a cigarette or other tobacco that *someone other than you* is smoking.

Secondhand Smoke is Dangerous

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

- Breathing smoke from someone else's cigarette, pipe, or cigar can make you and your children sick.
- Smoking inside a home or car is more dangerous because smoke gets trapped inside—even fans and open windows don't help.
- Children who live in homes where people smoke get sick more often with coughs, breathing problems such as asthma, and ear infections.
- Secondhand smoke is also linked to Sudden Infant Death Syndrome (SIDS).
- Secondhand smoke can cause lung cancer in adults and is also bad for the heart.



Protect Your Family

- Make your home and car smoke-free.
- Family, friends, and visitors should never smoke inside.
- If you smoke, smoke only outside.
- Ask your doctor for ways to help you stop smoking.



Remember

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

www.epa.gov/smokefree



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