



# WE KNOW THAT THERE IS NOTHING YOU WOULDN'T DO TO PROTECT YOUR CHILD.

Even when you can't smell it, cigarette smoke can still harm your child. There are hazardous chemicals that once released into the air can cause asthma, other lung problems, ear infections and SIDS.



## Secondhand Smoke Harms Children

Secondhand smoke can cause serious health problems in children.

- Studies show that older children whose parents smoke get sick more often. Their lungs grow less than children who do not breathe second hand smoke, and they get more bronchitis and pneumonia.
- Wheezing and coughing are more common in children who breathe secondhand smoke.
- Secondhand smoke can trigger an asthma attack in a child. Children with asthma who are around secondhand smoke have more severe and frequent asthma attacks. A severe asthma attack can put a child's life in danger.
- Children whose parents smoke around them get more ear infections. They also have fluid in their ears more often and have more operations to put in ear tubes for drainage.

Parents can help protect their children from secondhand smoke by taking the following actions:

- Do not allow anyone to smoke anywhere in or near your home.
- Do not allow anyone to smoke in your car, even with the window down.
- Make sure there is no smoking outside of your child's daycare, school, and church.
- Find out if homes that your children are visiting are smoke free.

For more information about maintaining smoke free homes and cars go to:  
[AreYouDoingEnoughNM.com](http://AreYouDoingEnoughNM.com)

Source:  
The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General, 2006  
The Health Consequences of Smoking 50 Years of Progress: A Report of the Surgeon General, 2014

## Secondhand Smoke Causes SIDS

Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained, unexpected death of an infant in the first year of life. SIDS is the leading cause of death in otherwise healthy infants. Secondhand smoke increases the risk for SIDS.

- Smoking by women during pregnancy increases the risk for SIDS.
- Infants who are exposed to secondhand smoke after birth are also at greater risk for SIDS.
- Chemicals in secondhand smoke appear to affect the brain in ways that interfere with its regulation of infants' breathing.
- Infants who die from SIDS have higher concentrations of nicotine in their lungs and higher levels of cotinine (a biological marker for secondhand smoke exposure) than infants who die from other causes.

Parents can help protect their babies from SIDS by taking the following three actions:

- Do not smoke when pregnant.
- Do not smoke in the home or car around the baby.
- Put the baby down to sleep on its back.



**There Is No Safe Amount of Secondhand Smoke.**

For free help quitting tobacco call:

**1-800-QUIT-NOW**

(1-800-784-8669) | TTY: 1-877-777-6534

Services provided by the New Mexico Department of Health

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