

WHAT IS SECONDHAND SMOKE?

Secondhand smoke is a combination of:

- smoke exhaled from the lungs of the smoker
- smoke given off by the burning end of a cigarette, cigar, or pipe

Secondhand smoke stays in the air even when you can't see it.

HOW DOES SMOKING AFFECT YOUR CHILDREN'S HEALTH?

Children exposed to secondhand smoke are more likely to have:

- Cough or bronchitis
- Asthma attacks
- Flu (influenza)
- Ear infections
- Pneumonia
- Colds or upper respiratory infections


WHAT HAPPENS WHEN YOU STOP SMOKING?


- Your children will breathe better
- Less ear infections
- Less chronic respiratory problems
- Less visits to the doctor
- You'll have more money and energy to spend on activities with your children!

Talk to your healthcare provider about how smoking may have affected you and your children's health.

Smoking Cessation Resources:


New York State Smokers' Quitline

 1-866-NY QUILTS


 1-866 697-8487

Local Resources

Queens Hospital Center

 718-883-4209

Elmhurst Hospital Center

 718-334-2550



QUEENS QUILTS!