

This brochure is designed to provide a brief guide to the effects of second and third-hand smoke on children, along with information on the benefits of smoke-free housing.



DEFINITIONS

Second-Hand Smoke

Smoke from burning tobacco inhaled by those nearby the smoker

Third-Hand Smoke

Residue from second-hand smoke that stays on surfaces and can react with elements in the air to form cancer causing agents

Resources

First 5 California Tobacco Cessation
Helping Parents Quit Smoking-
California Smokers' Helpline:
1-800-NO-BUTTS

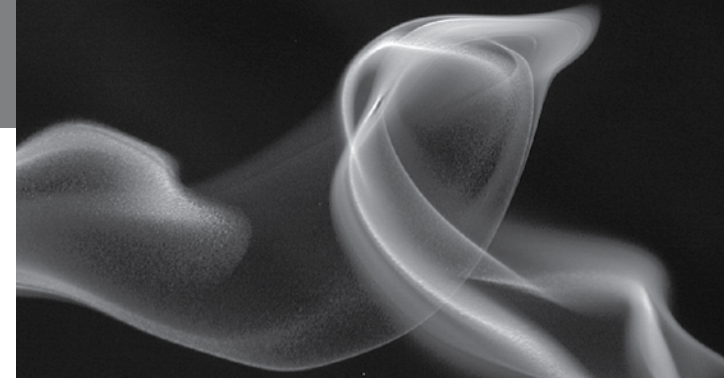
San Mateo County Tobacco Prevention
Program (TPP) Hotline:
(650) 573-3777

For More Resources on the Effects of Tobacco:
www.cdc.gov/tobacco



1. Source: www.cdc.gov/tobacco
2. Source: tobaccocontrol.bmj.com
3. Source: Tobacco Prevention Program, San Mateo County
4. Source: 2006 Surgeon General's Report

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TOBACCO & YOUR CHILD



Children Exposed to Second-hand Smoke ¹

- Have a higher risk of:
 - Developing asthma
 - Developing cancer as an adult
 - Catching colds, sore throats, and coughs
- Are two times more likely to suffer from bronchitis or pneumonia, both of which affect the lungs.

Children Exposed to Third-hand Smoke ²

- Possible places of exposure due to residue left behind from smoking tobacco:
 - Furniture (including secondhand furniture)
 - Dust
 - Carpets
 - Walls
 - Clothing
- Children are ten times more likely than adults to be exposed to third-hand smoke due to age-related behaviors such as crawling and frequent hand-to-mouth contact.

What is in Tobacco & Cigarette Smoke? ¹

Substance	Also Found In
Tar	Crude Oil Deposits, Roads
Arsenic	Potent Poisons
Cadmium Nickel	Batteries
Formaldehyde	Fertilizer
Acetone	Nail Polish Remover
Hydrogen Cyanide	Rat Poison
Toluene	Paint Thinner
Ammonia	Cleaning Products

* Listed above are eight out of more than 4,000 substances and chemicals that can be found in tobacco smoke.



Why Smoke-Free Housing? ³

- In the United States annually, second-hand smoke is the main cause of 150,000 to 300,000 respiratory infections in children.
- Landlords are not legally obligated to help renters affected by secondhand smoke.
- Second-hand smoke is difficult to prevent as:
 - Air purifiers will not remove cancer-causing agents in the air
 - Renters typically are not allowed to make changes to property (replace surfaces covered by residue, etc.)
- A study recently conducted by Harvard School of Public Health found an association between smoke-free homes and the reduction of Sudden Infant Death Syndrome (SIDS) rates.²
- Research shows that “there is no risk-free level of secondhand smoke” and the only method of protection is “to eliminate the smoke exposure.”⁴

How You Can Help Your Child

- Make sure your childcare provider is smoke-free and maintains a smoke-free environment.
- Talk to your landlord about developing a “no-smoking” policy for tenants.
- Ask about smoking policies ahead of time when renting (apartments, cars, hotel rooms, etc.).