

## What can parents do to protect their children from secondhand smoke?

Secondhand smoke causes death and sickness in children. Breathing secondhand smoke is a known cause of Sudden Infant Death Syndrome (SIDS). Children who breathe secondhand smoke are also more likely to have lung problems, ear infections and severe asthma. Even before they are born, babies whose mothers are around secondhand smoke are more likely to have lower birth weights.

### ***Protect your children's health:***

- When you are pregnant, do not allow anyone to smoke near you.
- Do not allow anyone to smoke near your child.
- Do not smoke or allow others to smoke in your car. (Opening a window does not protect your children from secondhand smoke.)
- Do not smoke or allow others to smoke in your home. (Opening a window or smoking in another room does not protect your children from secondhand smoke.)
- Use a smoke-free daycare center.
- Do not take your child to restaurants or other indoor public places that allow smoking.
- Teach older kids to stay away from secondhand smoke.



Get more information:

[Secondhand Smoke - What it means to you](#)

(A short, easy-to-read booklet with information for parents about secondhand smoke.)

[En Español](#)

