



# Smoke Free for me



Ohio Partners for  
Smoke Free Families

Tobacco smoke and the chemicals from nicotine are harmful to everyone - **especially your baby!** Your baby breathes the same smoke you do if you smoke indoors or in the car, and these chemicals can make your baby very sick. If you or your family member are not ready to quit smoking, the next best thing for your baby is to make your home and car smoke free. Your baby's health is at risk when they live, visit or ride where someone smokes.

## Don't Put Baby at Risk

Make your home and car smoke free! Commit to not smoking or letting anyone smoke in your home or in the car where your baby rides.

This is the date my home and car will be smoke free:  
\_\_\_\_\_

## Three Reasons to Consider Quitting Smoking:

- 1. Your Health:** Stopping smoking reduces your chances of cancer, heart disease, stroke, breathing problems, and other serious diseases
- 2. Your Baby's Health:** When you stop smoking and create a smoke free home, you reduce your baby's chances of having:
  - Coughs, colds and ear infections
  - Developmental delays
  - Asthma
  - Sudden Infant Death Syndrome (SIDS, or crib death), a condition in which otherwise healthy babies die within the first year of life.
- 3. Your Money:** The average smoker spends \$1,500 - \$3,000 per year on cigarettes

## Help for You!

### Contact the Ohio Tobacco Quit Line

When you or your smoking family member decide to quit smoking, contact the Ohio Tobacco Quit Line. The Ohio Tobacco Quit Line offers FREE tobacco cessation services by telephone and online. Also, if eligible, smokers can receive two weeks of FREE nicotine replacement therapy. If you decide to quit smoking, please call 1 (800) QUIT NOW (784-8669).

Go to: <http://ohio.quitlogix.org/>

Other actions you can take to quit:

- Schedule an appointment with a primary care physician about quitting smoking as soon as possible
- Speak to a doctor or pharmacist about trying over the counter nicotine replacement therapy (*such as the nicotine patch*).
- **American Legacy Foundation:** The EX plan website offers a free plan to quit as well as access to a virtual support community and various mobile formats.

Go to: <http://www.becomeanex.org/>

- **Text4Baby:** Text messages to keep you and your baby healthy.

Go to: <https://www.text4baby.org/>

- **Quit4Baby:** Text messages to help you quit smoking.

Go to: <https://www.quit4baby.com/>

- **Center for Disease Control (CDC) Smoking Cessation Information**

Go to: [https://www.cdc.gov/tobacco/quit\\_smoking/](https://www.cdc.gov/tobacco/quit_smoking/)



# What is a Smoke Free Home?

To make your home smoke free, make sure **no one** smokes in your home or car, or near your baby. **No one** should smoke in your house. Cigarette smoke and e-cigarette smoke can move between rooms in your house or inside the car. Keep in mind that even smoking outside, away from your baby can cause harm. The chemicals in smoke cling to your skin and clothes. While breast feeding helps protect your baby from getting sick and is best for feeding, nicotine can pass to your baby through breast milk.

## Smoking Exposures:

**Secondhand smoke:** This is a mixture of stuff breathed in by the people around smokers. It is given off by a lit cigarette, e-cigarette, cigar or pipe when a smoker breathes smoke out. There are more than 7,000 chemicals in secondhand smoke. Some of these chemicals are very bad for people and some cause cancer.

**Thirdhand smoke:** This is the leftover chemicals that collect on walls, furniture, toys and other items in your home. It also gets on your clothes/skin after a cigarette or cigar is smoked indoors or in a car. **Even if you smoke outside and not around your child, your home and car can have thirdhand smoke in it.** Smoke can come in under your doors or through tiny gaps in walls. Smoking in different rooms not used by the baby or using fans or smoking in front of an open window does not prevent exposure to secondhand or thirdhand smoke.

- Thirdhand smoke **sticks** to hair, skin, clothes, furniture, curtains, drapes, walls, bedding, carpets, dust, car seats, carpet, toys, pacifiers, and other surfaces, even long after smoking has stopped.
- Thirdhand smoke builds up on surfaces over time *and it can't be cleaned off easily.*
- Babies, children and others who do not smoke are at risk of getting sick from thirdhand smoke if they touch, chew, eat, rub against, or crawl on things or surfaces that have been exposed to smoke (*like walls, floors, furniture, blankets, or even toys and pacifiers*).

## Medical risks to small children exposed to secondhand and thirdhand smoke:

**Ear infections**

**Coughing, runny noses**

**Dental Cavities**

**Breathing problems** including asthma, pneumonia, bronchitis

**Sudden Infant Death Syndrome (SIDS or crib death)**

**Problems with development**

**Problems concentrating and learning in school later in life**

**Sleep Problems**

## Are there different types of Tobacco and Nicotine Exposure?

Yes! Cigarettes are not the only type of smoking that can be dangerous for you and your baby. All of the items below have dangerous chemicals for your baby and addictive nicotine for those using them.

**Cigarettes, Bidis**

**Cigars, Cigarillos, Little cigars**

**E-cigarettes, vapes**

**Hookah**

**Pipe tobacco**

**Smokeless tobacco products**

(chew, dip, spit, snuff, snus, dissolvable tobacco, & smoking cessation products)



### Danger!

Smokeless tobacco products do not have the same risk of secondhand and thirdhand smoke to a baby. Young children are still at risk because they tend to put everything in their mouth. Children can get very sick from chewing these items.

Make sure you lock up all medicines and cleaning products in the house, including e-cigarette 'juice' and nicotine replacement products such as the nicotine patch or gum.

American Academy of Pediatrics

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Ohio Chapter

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