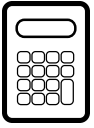




# Secondhand Smoke & it's Affect on Youth



## By the Numbers:

An estimated 14 million children aged 3-11 years, are exposed to secondhand smoke. Children are almost twice as likely as nonsmoking adults to be exposed to secondhand smoke.

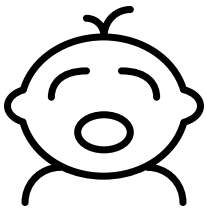
## What is Secondhand Smoke?

Secondhand smoke comes from lit cigarettes and cigars. It also comes from smoke exhaled by smokers. When children breathe secondhand smoke, it is like they are smoking too. Secondhand smoke is made of thousands of chemicals.



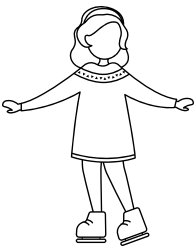
## Smoke-free Homes:

Smoking in another room pollutes all the air in your home. In an apartment, smoke in one room can go through the whole building. To protect the children inside, homes and apartment buildings must be smoke-free.



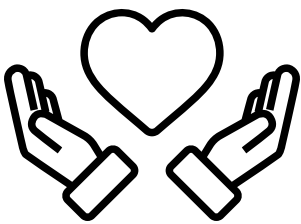
## Babies and Pregnant Women

Mothers who are exposed to secondhand smoke while pregnant are more likely to have lower birth weight babies. Babies who breathe secondhand smoke are more likely to die unexpectedly from sudden infant death syndrome (SIDS), also called crib death.



## Children and Teens

Children who breathe secondhand smoke are sick more often with bronchitis, pneumonia, and ear infections. For children with asthma, breathing secondhand smoke can trigger an attack. The attack can be severe enough to send a child to the hospital.



## Protect Youth From Secondhand Smoke Exposure

There is no safe level of exposure to secondhand smoke. The smoke from one cigarette can stay in one room for hours, so do not smoke in your home even when children aren't present. Ask people not to smoke around your children, and teach your children to avoid secondhand smoke. Encourage stakeholders to include e-cigarettes on smoke-free ordinances to protect against exposure to secondhand aerosol. [Click this link to participate in a survey and share your opinions on tobacco policies preventing exposure to secondhand smoke and/or aerosol.](#)

## NEED HELP QUITTING?

There are local and statewide tobacco cessation services available to you at no cost. For more information contact:

**Tobacco Free Lake County:**  
P: 847-377-8090  
E: [tflc@lakecountyiil.gov](mailto:tflc@lakecountyiil.gov)

**Illinois Tobacco Quitline:**  
P: 1-866-QUIT-YES  
Website: [www.quityes.org](http://www.quityes.org)

## YOUR HEALTH CAN'T WAIT

It is more important than ever to take care of yourself and the Lake County Health Department and Community Health Center can help. Whether you are already a patient of ours, or recently lost your job or insurance coverage, we are here for you. Services include; primary care, dental, mental health and women's health.

To schedule an appointment:  
P: 847-377-8800

For more information on local cessation services, contact:

[Tobacco Free Lake County](#)  
847-377-8090  
[TFLC@lakecountyiil.gov](mailto:TFLC@lakecountyiil.gov)



This project was made possible by funds from the Illinois Department of Public Health.

Sources:  
1. [https://www.cdc.gov/tobacco/basic\\_information/secondhand\\_smoke/children-home/index.htm](https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/children-home/index.htm)  
2. [https://www.cdc.gov/tobacco/basic\\_information/secondhand\\_smoke/protect\\_children/general-population/index.html](https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/protect_children/general-population/index.html)