



Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit



Secondhand Smoke and E-cigarettes



Did you know?

Secondhand smoke is when you breathe in someone else's smoke, this includes tobacco, e-cigarettes (vaping), marijuana or any other smoked substance. Thirdhand smoke refers to residues left on clothes and surfaces. Smoking results in second-hand and third-hand exposure to many harmful chemicals. In babies, tobacco smoke exposure increases the chance of Sudden Infant Death Syndrome (SIDS). Almost 40% of children ages 3-11 are exposed to second-hand smoke (SHS), and this exposure increases the chance of having tooth cavities, asthma, and ear infections.



Do

- Make sure your home is smoke free.
 - Go to the quit line: (1-800-QUIT-NOW)
 - Consider medications or counseling to help quit smoking.
 - [For more resources](#)
- While working on quitting:
 - Only use products outside and away from buildings;
 - Wash clothes and hands after smoking/vaping;
 - Open windows to air out rooms.
- Talk to older children about smoking or vaping.
 - If they already smoke/vape, provide help to quit;
 - Consider focusing on short-term health effects like bad breath, smelly clothes, decreased physical performance and cost to help kids quit.
- For additional resources: [CDC Resources](#)



Don't

- Don't smoke anything inside buildings or cars!
- Don't make the mistake of thinking that e-cigarettes are safer than typical cigarettes! Vaping is smoking.
 - [The Aerosol impacts of e-cigarettes](#)
- Don't allow smoking near you, your children, or pets to avoid third-hand smoke.
- Don't forget to place all smoking and tobacco related products in the trash after use.



For more information, scan the code or visit

<https://wspehsu.ucsf.edu/curriculum-tools/prescriptions-for-prevention/>

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