



Prescriptions for PREVENTION



Guidance from the Western States
Pediatric Environmental Health Specialty Unit

Second-hand Smoke and E-cigarettes Environmental Exposure



Did you know?

Secondhand smoke is when you breathe in someone else's smoke. Thirdhand smoke refers to residues left on clothes and surfaces. Both cigarette and e-cigarette use results in second-hand and third-hand exposure to many harmful chemicals. In babies, 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) ;
 - ✓ For more resources: aap.org/richmondcenter.
- ✓ **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 (bad breath, smelly clothes, decreased physical performance) and cost to help kids quit.
- ✓ **For additional resources:**
 - ✓ **CDC handouts** specific to Black, Hispanic/Latinx, and Native American populations.



Don't

- ✗ **Don't allow smoking** or e-cigarette (vaping) or marijuana use inside buildings or cars.
- ✗ **Don't allow smoking near you**, your children or pets to avoid third hand smoke. Vaping is smoking!
- ✗ **Don't make the mistake** of thinking that e-cigarettes are safer than typical cigarettes!

