

**Tobacco Use**

**Types of smoke and the risks:**

***First-hand smoke:*** Smoke directlyinhaled by the smoker

* Up to 4 times higher risk of stroke or heart disease
* 15 to 30 times higher risk for lung cancer

***Second-hand smoke:*** Smoke inhaled involuntarily from the use of others

* Cancer-causing toxins can be found in the blood of non-smokers, even after little exposure to second-hand smoke
* Children exposed to second-hand smoke are at a higher risk of upper respiratory and ear infections

***Third-hand smoke:*** Smoke deposits left on clothing, skin and surfaces

* The young brain may be hurt by even very low levels of toxins
* Children are at risk because they often put their hands in their mouth after touching affected areas



**Helpful Tips:**

* Decide on something different to do when you want to smoke, like chewing gum
* Make a pledge to quit, and tell your family
* Talk with your doctor about a plan to quit
* Track progress, like making a “days smoke-free” calendar
* Make a list of triggers and a plan for staying away from them
* Sign up for reminder texts about why you want to quit at: **www.smokefree.gov/tools-tips/text-programs**

**Don’t let tobacco hurt your family. Any smoke has risks.**

**To quit smoking, please talk to your or your child’s doctor or nurse.**

# Helpful Resources

**Smoking Quitline**

* Call **1-877-44U-QUIT (1-877-448-7848)** for help in English and Spanish, Monday – Friday, 9am to 9pm EST

**Smokefree |** *www.smokefree.gov*

* Tools, tips and resources to quit smoking
* Call **1-800-QUIT-NOW (1-800-784-8669)** to connect with your state’s quitline
* Visit the website and choose **“Live Help”** for English and Spanish, Monday – Friday, 9am to 9pm EST
* Visit **www.espanol.smokefree.gov** for help in Spanish

**Freedom from Smoking |** *www.freedomfromsmoking.org*

* Tools, tips and resources to quit smoking
* Call **1-800-LUNGUSA (1-800-586-4872**) for help in English and Spanish

