

TOBACCO USE



Types of smoke and its effects:

First-hand smoke: *Smoke directly inhaled by the smoker*

- Up to 4 times higher chance of stroke or heart disease
- 25 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, urine and saliva 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 developing brain may be damaged by even extremely low levels of toxins
- Children are at risk for ingestion because they are more likely to put their hands in their mouth after touching affected areas

Don't let tobacco hurt your family.
Any smoke comes with risks

There is help!

If you'd like to quit smoking, please talk to your or your child's doctor or nurse.



Helpful Hints

- Decide on something different to do when you have the urge to smoke, like chewing gum.
- Make a pledge to quit, and include your family
- Track progress, make a “days smoke-free” calendar, with your family
- Sign up for reminder texts about why you want to quit at
<https://smokefree.gov/tools-tips/text-programs>
- Make a list of triggers and a plan for avoiding them

Good Resources

Visit www.smokefree.gov to get the free App, chat live online or via text, and get action plans to help you quit smoking

Visit www.quitplan.com/services-to-help/free-kit.html or call 1-888-354-7526 for information on receiving a free starter kit of patches, gum or lozenges