

Second-hand Smoke and Children



Region of Waterloo
PUBLIC HEALTH

Second-hand smoke affects children

Children who breathe in second-hand smoke are more likely to have respiratory and other health problems.

Children and babies who breathe in other people's smoke are more likely to:

- Inhale more smoke and harmful chemicals than adults, because they breathe faster
- Be cranky, restless, and spit up more often
- Have sore eyes, noses, and throats
- Suffer from more colds, coughs, wheezing, and breathlessness
- Have middle ear infections and allergies
- Have breathing problems, such as asthma, bronchitis, and pneumonia
- Have problems with learning and development
- Be hospitalized due to illness in their first year
- Die of Sudden Infant Death Syndrome (SIDS)
- Have childhood cancers such as leukemia, lymphoma, and brain tumors

What can we do to protect our children?

Tips for a smoke-free home:

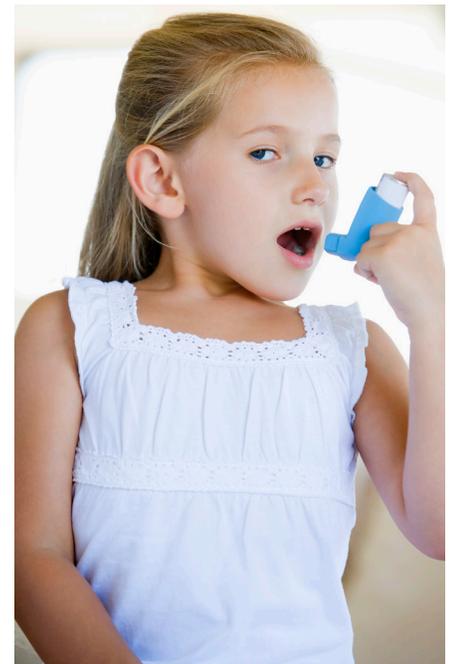
- Make it a rule to never smoke in your home
- If people have to smoke, set up an area outside where they can go
- If no one can watch your children, don't leave them alone, take them with you for a walk while you smoke

Tips for a smoke-free car:

- Under the Smoke-Free Ontario Act, it is illegal to smoke or hold a lit cigarette in a motor vehicle if another person who is less than 16 years old is inside the vehicle
- Make it a rule to never smoke in your vehicle
- When travelling with someone who smokes, stop the car and ask them to smoke outside

Tips for choosing smoke-free child care:

- Ask people who look after your children not to smoke around them
- When choosing a caregiver, ensure his or her home and car are smoke-free



*Information adapted from the Region of Ottawa-Carlton Health Department and the Council for a Tobacco Free Ontario
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Tobacco and Cancer Prevention