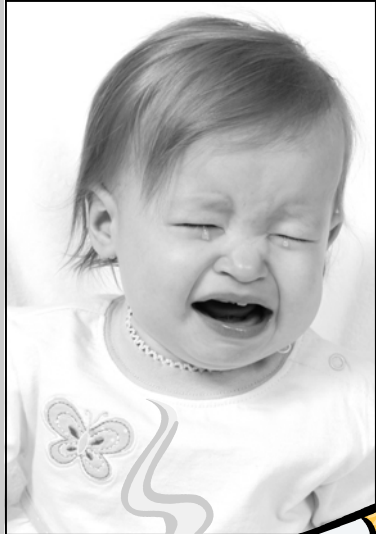


SECONDHAND SMOKE AND YOUR BABY



SMOKING PUTS CHILDREN AT RISK

Children of smoking parents:

- Have more breathing problems like asthma and wheezing
 - Have more ear infections
 - Are hospitalized more
 - Miss more school days
- Are more likely to die from Sudden Infant Death Syndrome (SIDS)
 - Are more likely to smoke as adults

IF YOU SMOKE AROUND YOUR CHILD, THEY CAN INHALE THE EQUIVALENT OF 102 PACKS OF CIGARETTES BY AGE FIVE.

PROTECT YOUR BABY

- QUIT SMOKING!
- Do not allow smoking in your car or around your child
 - Smoke outside
- Change your clothes and wash your hands after smoking

For Help Call:
The First Breath Program
at the Wood County Health Department
715-421-8911 or 715-387-8646
or
The Wisconsin Tobacco Quit Line
800-QUIT-NOW

THIRD HAND SMOKE IS DANGEROUS TOO



- Third hand smoke refers to the chemicals left after smoking: in the smoker's hair, clothes, fabrics, carpets, and other surfaces.
- If you can smell tobacco smoke, even if you can't see it, you and others are breathing in the toxins.
- Smoking outside doesn't help. When you come in you must wash your hands and change your clothes to prevent your baby from being exposed.

The mission of the Wood County Health Department is to maximize the quality of life across the lifespan by promoting health, protecting the environment and preventing disease and injury. 08/11

