



Pediatric Clinic
PATIENT EDUCATION HANDOUTS
**DANGERS OF SECOND
HAND CIGARETTE SMOKE**

Smoke is harmful to:

1. People who smoke cigarettes, cigars or pipes.
2. Infants, children and adults who are around people who smoke.

Poisons are released into the air whenever someone is smoking. These poisons take away the oxygen in the air we breathe. Our bodies need this oxygen for our heart and lungs to work well.

Infants and children who are around people who smoke have more problems with coughing, colds, and other breathing problems. Children with breathing problems such as asthma should not be around smoke in their homes, cars, stores or restaurants. Cigarette smoke can cause a child with breathing problems to cough more, wheeze or have shortness of breath.

You may already know that smoking can cause heart disease and is linked to various types of cancer. Tobacco smoke contains a drug called nicotine. Nicotine is an addictive drug. This drug makes it hard for people to stop smoking. However, there are many programs to help you quit smoking. For more information about these programs, you can contact:

- American Cancer Society 1-800-227-2345 Fresh Start
- The Mountain Post Wellness Center 526-3887
- Your Primary Care Manager for information about Nicotine gum and patches.