Ways to Lessen Second/Third Hand Smoke

KEEP YOUR HOME AND CAR FREE FROM SMOKE

In your home, as often as possible:
- Open windows to bring in fresh air
- Vacuum and mop
- Use a damp cloth on all surfaces
- Wash baby’s toys and bedding
- Clean air ducts and carpets

Tell smokers to:
- Smoke outside the home and far away from open doors and windows
- When smoking, cover clothes or leave smoking clothes outside
- Wash hands with soap and water before touching anything or anybody

Call now... Get help to stop smoking!

Central Jersey Family Health Consortium
Serving: Hunterdon, Mercer, Middlesex, Somerset, Monmouth and Ocean Counties and the Plainfield portion of Union County.

North Brunswick Office
2 King Arthur Court, Suite B
North Brunswick, NJ 08902-3381
Phone: 732-937-5437
Fax: 732-937-5540

Lakewood Office
725 Airport Rd., Suite 1C
Lakewood, NJ 08701
Phone: 732-363-5400
Fax: 732-363-5554

Additional resources:
Mom’s Quit Connection
1-888-545-5191

New Jersey Quitline
1-866-NJSTOPS

Supported by a grant from:

Visit our website at www.cjfhc.org

2013
If all women who smoke cigarettes stopped during pregnancy, there would be approximately 11% fewer stillbirths and 5% fewer newborn deaths in the U.S. (US Public Health Service)

Smoking during pregnancy may cause:

- Low birth weight baby
- Premature birth
- Stillbirth/miscarriage
- Delivery problems with some newborn deaths
- Childhood health problems such as asthma and allergies
- Increased risk of Sudden Infant Death Syndrome (SIDS)

IT IS NEVER TOO LATE TO STOP

The Good News: When you stop smoking ...

- Your baby will get more oxygen
- There is less risk that your baby will be born too early and need to stay in the hospital

You will be less likely to develop:

- Heart disease
- Stroke
- Lung cancer
- Chronic lung disease, and other smoking related health problems

Benefits for you:

- More energy
- Breathe more easily
- More money to spend on other things
- Clean smelling clothes, hair, home and car
- Food will taste better
- Feel good about what you have done for yourself and your baby

What is Second and Third Hand Smoke?

- Second Hand: A mix of smoke (exhaled by the smoker) and chemicals leaving a burning cigarette get inhaled by the lungs of others in the area.
- Third Hand: Nicotine and chemicals that coat surfaces for months after the smoke has cleared the air.

Second hand smoke can lead to infant and childhood:

- Coughing, wheezing
- Ear infections
- Pneumonia
- Asthma
- Poorly developed lungs
- Sudden infant death syndrome (SIDS)
- Nausea, vomiting, abdominal cramps
- Lowered and shortened breast milk production (American Academy of Pediatrics)
- Behavior problems