

**Need help to quit?
Call Today.**

1-800-207-1230

THE MAINE TOBACCO HELPLINE

**It's free and confidential.
And it works.**



Healthy Maine Partnerships

Partnership For A Tobacco-Free Maine

Bureau of Health, Maine Department of Health and Human Services

Funded with tobacco settlement money from the Fund for a Healthy Maine through the Partnership For A Tobacco-Free Maine, Bureau of Health, Maine Department of Health and Human Services.



John Elias Baldacci, Governor

John R. Nicholas, Commissioner

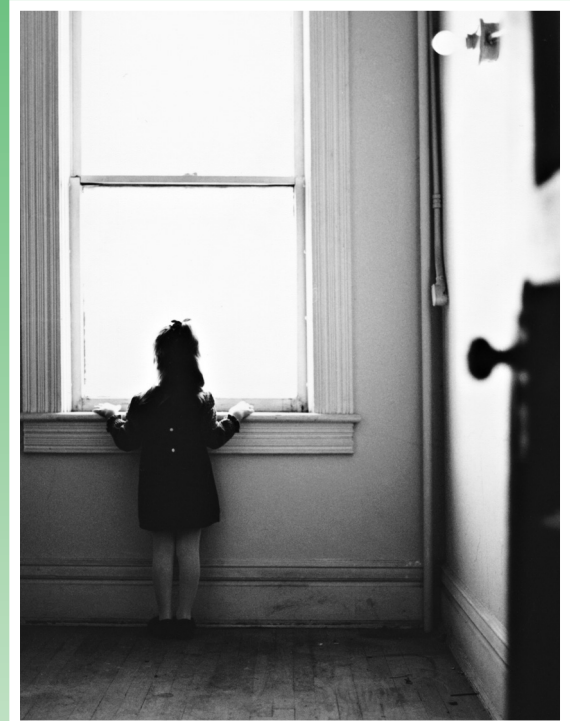
Appropriation #014-10A-9922-022-4199

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This notice is available in alternate formats, upon request.

**Don't smoke
around your kids.**



**How to protect your kids
from secondhand smoke.**



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Secondhand smoke puts thousands of Maine kids at risk in their own homes.

Secondhand smoke comes from two places:

1. the end of a lit cigarette, cigar, or pipe
2. what is breathed out by the person who smokes
 - *No amount of secondhand smoke is considered safe.*
 - *Children exposed to secondhand smoke take nicotine and other chemicals into their bodies just like smokers. The more smoke, the more chemicals.*
 - *Secondhand smoke is very harmful to children. It causes many health problems and makes others worse. Children who live with smokers are more likely to develop:*
 - Asthma (smoke can also trigger asthma attacks)
 - Bronchitis
 - Pneumonia
 - Colds
 - Coughing/wheezing
 - Sore throats
 - Ear infections
 - Eye irritation
 - Allergies

Make your home smoke-free.

- Set a strict no-smoking policy. If you feel impolite telling family and friends they cannot smoke in your home, just give the facts. Tell them secondhand smoke hurts children—their health and happiness. Hearing your reasons, smokers are more likely not to light up.
- If family and friends must smoke, ask them to go outside.
- If you smoke, please quit or at least smoke outside. No filter or ventilation system works well enough to clear all secondhand smoke from a home. If other people in the house smoke, insist that they smoke outside. Be sympathetic and supportive, but firm. Offer to help them quit when they are ready.
- Ask baby-sitters or other in-home child care providers not to smoke.

Go smoke-free outside the home.

- Make sure that your child's day care program or after school program is 100% smoke-free.
- Avoid places where smoking is allowed. The good news is that all indoor public places in Maine are smoke-free—restaurants, movie theatres, malls.
- Ask passengers in your vehicle not to smoke. It's more difficult to ask this in somebody else's vehicle, but try anyway. Give your reasons.
- Ask family and friends not to smoke around your children.
- When you think your children are old enough to understand, explain the dangers of secondhand smoke. Tell them to avoid it if they can. And teach your children that politely asking an adult not to smoke around them is okay.

Sources: U.S. Environmental Protection Agency, Centers for Disease Control and Prevention, Campaign for Tobacco-Free Kids