



# Is secondhand smoke making your child sick?

coughing

asthma attacks

ear infections

sore throats

colds

**Learn how you  
can help**

## **Breathing secondhand smoke hurts kids**

- They get sick more often and stay sick longer.
- They have more coughs, colds, and ear infections.
- They are more likely to have allergies and asthma attacks.
- They will be more likely to have heart problems or lung cancer when they grow up.

## **How to keep secondhand smoke away from your child**

- Ask family and friends not to smoke near your child.
- Don't allow smoking in your home or car.
- Ask smokers who visit you to go outside to smoke.
- Put up a sign to tell people your home is smoke-free.
- Make sure child care workers don't smoke near your child.

## **Free help to quit smoking**

### **Call the California Smokers' Helpline**

English: 1-800-NO-BUTTS (1-800-662-8887)

Spanish: 1-800-45-NO-FUME (1-800-456-6386)

More languages available plus free online support at [www.nobutts.org](http://www.nobutts.org)