



KIDS FOR SMOKE-FREE AIR CHALLENGE

There Is **No** Safe Amount of Secondhand Smoke.

If you're going to smoke, do it away from your home and car when children are not with you.

DID YOU KNOW?

- Children whose parents smoke get sick more often.
- Children exposed to secondhand smoke have less development of their lungs and are at higher risk for bronchitis and pneumonia.
- Secondhand smoke can trigger an asthma attack.
- Children whose parents smoke around them get more ear infections.



CLUB:

DATE:

To learn more about smoke-free homes and cars, please visit:

AreYouDoingEnoughNM.com

Source:
The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General, 2006
The Health Consequences of Smoking 50 Years of Progress: A Report of the Surgeon General, 2014

