

MIGUEL & EMILIA ASK

WHAT HAPPENS WHEN YOU BREATHE SECONDHAND SMOKE?



FIRST, YOUR NOSE TALKS TO YOUR BRAIN.

Your Nose Tells Your Brain That You Are Being Exposed To Secondhand Smoke.

THEN, YOUR BODY TRIES TO PROTECT YOU.

Your Eyes, Throat, And Lungs Try To Protect You From Secondhand Smoke.

SECONDHAND SMOKE COULD MAKE YOU SICK.

Your Body Might Become Sick From Secondhand Smoke.

WHAT'S THE MESSAGE?

Listen to your brain.

WHAT'S THE MESSAGE?

Listen to your body.

WHAT'S THE MESSAGE?

Listen to a doctor.

What can you do to protect yourself?

- Get your family to sign the Smoke-Free Home and Car Pledge.
- Ask an adult who isn't smoking to help keep your air safe to breathe.
- Put up "No Smoking" signs at the front door of your house and in your car.



To learn more please visit:
Kids4SmokeFreeAir.com

How does your body try to protect you?

- Your eyes get scratchy and your eyelids close more to keep secondhand smoke from getting in.
- Your eyes become teary and try to wash the secondhand smoke out.
- You start coughing, as your throat and lungs try to push secondhand smoke back out of your body.



What might a doctor say?

- Kids who are around secondhand smoke get sick more often.
- Secondhand smoke can trigger an asthma attack.
- Wheezing and coughing are more common in kids who breathe secondhand smoke.
- Kids who breathe secondhand smoke get more infections in their lungs and ears. They may also get fluid in their ears and need operations to put tubes in their ears to drain the fluid.