

CHILDREN & SMOKING

- Only 15% of cigarette smoke is inhaled by the smoker.* This is **FIRST HAND smoke**.
- The other 85% is in the air for others to breathe.* This is **SECOND HAND smoke**.
 - It contains over 200 known poisons, including cyanide and arsenic, both carcinogens.*
 - The concentration of compounds is greater than that of smoke inhaled from a cigarette. It has 2X the tar and nicotine, 5X the carbon monoxide and 50X the ammonia, to name a few.*
 - A child's risk of negative effects from Second Hand smoke is greater than an adult's due to the fact that their lungs are still developing and their respiratory rate is much faster. Therefore, their lungs are exposed to a much higher concentration of inhaled toxins, which also slows the growth of the lungs.
 - As many as 300,000* cases of bronchitis or pneumonia in children under 18 months are related to exposure each year. It worsens asthma symptoms. Children have more sinus and ear infections. It is associated with deaths from SIDS.
 - The only way to fully protect children from exposure is to prevent ALL smoking in enclosed spaces, including cars. **A CHILD WHO SPENDS ONE HOUR IN AN EXTREMELY SMOKY ROOM INHALES ENOUGH TOXINS TO EQUAL SMOKING 10 CIGARETTES.****
- **THIRD HAND smoke** is the smoke residue that remains after the cigarette is extinguished.
 - Nicotine in Third Hand smoke interacts with other chemicals forming toxins.
 - This type of smoke coats **EVERY** surface in a room, or car, which has been smoked in. It is especially heavily deposited in the small space of a car, even if the window is open. It can persist for months.
 - Opening a window or using a fan while smoking does not reduce the risk of exposure; smoking outdoors is marginally better, but nicotine residues stick to smoker's hair and clothing to be spread indoors when they return.
 - **Smokers emit toxins from their clothing and hair.**
 - **The developing brain of a young child is susceptible to extremely low levels of toxins.**
 - Third Hand smoke is such a **concern for infants and toddlers** as they are closer to these contaminated surfaces, such as floors and carpets, and **they touch and mouth everything, thus inhaling and ingesting toxic compounds.**

*Secondhand Smoke Facts. Retrieved from <http://www1.umn.edu/perio/tobacco/secondhandsmoke.html>

**Martin, Terry. (updated June 28, 2010). Secondhand Smoke and Children. Retrieved from <http://quitsmoking.about.com/od/secondhandsmoke/a/smokeandkids.htm?p=1>