

# What Can You Do?

For more information on secondhand smoke and for help quitting tobacco, call the

## Oregon Tobacco Quit Line

Toll Free:  
1-877-270-7867 (STOP)

Toll Free Spanish:  
1-877-266-3863 (NO FUME)

*Remember, Quitting Takes Practice.*



Yamhill County Public Health  
412 NE Ford  
McMinnville, Oregon 97128  
(503) 434-7375  
(503) 554-7842  
[www.co.yamhill.or.us/ph](http://www.co.yamhill.or.us/ph)

Smoke-Free Homes and Cars

Is the air in  
your home &  
car making  
your child  
sick?



**YOUR CHILDREN'S LUNGS  
HAVE TO LAST A LIFETIME...**

## Did You Know?

- \* One of the worst places you can smoke is in the car. The small space makes the air more thick with tobacco smoke, which is extra harmful to you and your family.
- \* Secondhand smoke trapped in a car for one hour is like your child smoking 3 cigarettes.
- \* About 1 in 5 children in Oregon breath in secondhand smoke at home.
- \* About 20% of children's asthma cases are caused by parents smoking.
- \* Every year 150,000 to 300,000 infants get bronchitis and pneumonia because of secondhand smoke.
- \* Breathing as little as 8-20 minutes of smoke can cause a child's heart rate to increase and their oxygen supply to decrease.
- \* Secondhand smoke has:
  - 2 times more tar and nicotine
  - 5 times more carbon monoxide than smoke through a filter.

Where's your child's filter?

# Help Your Kids Breathe Easy



## Children exposed to smoke have more:

- *Coughing & wheezing*
- *Colds & bronchitis*
- *Ear Infections*
- *Asthma Attacks*

## Kids that breathe secondhand smoke are also more likely to:

- Have behavior problems, such as tantrums and fits.
- Grow more slowly.
- Die from SIDS (Sudden Infant Death Syndrome) at a higher rate than children living with nonsmokers.
- Are sick more often.
- Have more breathing problems, heart disease and lung cancer as adults.
- Become smokers later in life.