Smoke Free for me

Ohio Partners for Smoke Free Families

Tobacco smoke and the chemicals from nicotine are bad for us all - **especially your baby!** Your baby breathes the same smoke you do if you smoke indoors or in the car, and these chemicals can make your baby very sick. If you or your family member are not ready to quit smoking, the next best thing for your baby is to make your home and car smoke free. Your baby's health is at risk when they live, visit or ride where someone smokes.

Create a Healthy Home for Baby!

Make your home and car smoke free! Commit to not smoking or letting others smoke in your home or in the car where your baby rides.

This is the date my home and car will be smoke free:

_____

By quitting smoking, you will:

- Feel good about what you have done for your family
- Have more energy and breathe better
- Reduce your risk for heart attack, stroke and cancer (such as lung, mouth, throat and bladder cancer)
- Save money – up to $3,000 a year - by not having to buy tobacco products

By quitting smoking, your baby will more likely:

- Be healthier and live longer
- Meet developmental milestones
- Get fewer coughs, colds, and ear infections
- Go to the hospital less
- Have less risk for asthma
- Have less risk for Sudden Infant Death Syndrome (SIDS, or crib death), a condition in which otherwise healthy babies die within the first year of life

Help for You!

Contact the Ohio Tobacco Quit Line

When you or your smoking family member decide to quit smoking, contact the Ohio Tobacco Quit Line. The Ohio Tobacco Quit Line offers FREE tobacco cessation services by phone and online. Also, if eligible, smokers can get two weeks of FREE nicotine replacement therapy. If you decide to quit smoking, please call 1 (800) QUIT NOW (784-8669).

Go to: ***http://ohio.quitlogix.org/***

Other actions you can take to quit:

- Make an appointment with a primary care doctor to get help quitting right away
- Speak to a doctor or pharmacist about trying over the counter nicotine replacement therapy *(such as the nicotine patch).*
- **American Legacy Foundation:** The EX plan website offers a free plan to quit as well as a virtual support community and many mobile formats.

  Go to: ***http://www.becomeanex.org/***
- **Text4Baby:** Text messages to keep you and your baby healthy.

  Go to: ***https://www.text4baby.org/***
- **Quit4Baby:** Text messages to help you quit smoking.

  Go to: ***https://www.quit4baby.com/***
- **Center for Disease Control (CDC) Smoking Cessation Information**

  Go to: ***https://www.cdc.gov/tobacco/quit_smoking/***

What is a Smoke Free Home?

To make your home smoke free, make sure ***no one*** smokes in your home or car, or near your baby. ***No one*** should smoke in your house. Cigarette smoke and e-cigarette smoke can move between rooms in your house or inside the car. Keep in mind that even smoking outside, away from your baby can cause harm. The chemicals in smoke cling to your skin and clothes. While breast feeding helps protect your baby from getting sick and is best for feeding, nicotine can pass to your baby through breast milk.

Smoking Exposures:

Second hand smoke: This is what is breathed in by the people around smokers. It is given off by a lit cigarette, e-cigarette, cigar or pipe when a smoker breathes smoke out. There are more than 7,000 chemicals in second hand smoke. Some of these chemicals are very bad for people and some cause cancer.

Third hand smoke: This is the chemicals that collect on walls, furniture, toys and other items in your home. It also gets on your clothes/skin after a cigarette or cigar is smoked indoors or in a car. **Even if you smoke outside and not around your child, your home and car can have third hand smoke in it.** Smoke can come in under your doors or through tiny gaps in walls. Smoking in rooms not used by the baby or using fans or smoking in front of an open window does not prevent exposure to second hand or third hand smoke.

- Third hand smoke **sticks** to hair, skin, clothes, furniture, curtains, drapes, walls, bedding, carpets, dust, car seats, carpet, toys, pacifiers, and other surfaces, even long after smoking has stopped.
- Third hand smoke builds up on surfaces over time *and it can't be cleaned off easily.*
- Babies, children and others who do not smoke are at risk of getting sick from third hand smoke if they touch, chew, eat, rub against, or crawl on things or surfaces that have been exposed to smoke *(like walls, floors, furniture, blankets, or even toys and pacifiers).*

Medical risks to small children exposed to second hand and third hand smoke:

Ear infections
Coughing, runny noses
Dental Cavities
Breathing problems like asthma, pneumonia, bronchitis
Sudden Infant Death Syndrome (SIDS or crib death)
Problems with development
Problems concentrating and learning in school later in life
Sleep Problems

Are there different types of Tobacco and Nicotine Exposure?

Yes! Cigarettes are not the only type of smoking that can harm you and your baby. All of the items below have harmful chemicals for your baby and addictive nicotine for those using them.

Cigarettes, Bidis
Cigars, Cigarillos, Little cigars
E-cigarettes, vapes
Hookah
Pipe tobacco
Smokeless tobacco products (chew, dip, spit, snuff, snus, dissolvable tobacco, & smoking cessation products)

Danger!

Smokeless tobacco products do not have the same risk of second hand and third hand smoke to a baby. Young children are still at risk because they put everything in their mouth. Children can get very sick from chewing these items.

Make sure you lock up all medicines and cleaning products in the house, including e-cigarette 'juice" and nicotine replacement products such as the nicotine patch or gum.

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