

The Dangers of Secondhand Smoke



Secondhand smoke from tobacco is just as dangerous as actually smoking! Secondhand smoke clings to the smoker's skin, hair and clothes.

NON-SMOKERS EXPOSED TO SECONDHAND SMOKE HAVE AN INCREASED RISK OF GETTING SMOKING-RELATED ILLNESSES SUCH AS:

- Lung cancer
- Heart disease
- Asthma
- Chronic obstructive pulmonary disease (COPD)

BABIES WHOSE MOTHERS SMOKE DURING PREGNANCY HAVE AN INCREASED RISK FOR:

- Low birth weight
- Sudden infant death syndrome (SIDS)
- Lung and sinus infections
- Decreased learning ability
- Pre-term delivery
- Placental abruption
- Heart defects
- Ear infections
- Asthma

CHILDREN LIVING WITH SMOKERS HAVE AN INCREASED RISK FOR:

- Asthma or bronchitis
- Learning problems
- Attention deficit and behavior problems

IF YOU ARE READY TO QUIT SMOKING, THERE IS HELP:

- Free services such as classes
- Support groups
- Medicines to help you quit

IF YOU WOULD LIKE HELP WITH GETTING THESE SERVICES, PLEASE CALL THE NATIONAL QUIT SMOKING HOTLINE AT 1-800-QUIT-NOW. QUIT SMOKING FOR YOUR HEALTH AND THE HEALTH OF YOUR LOVED ONES.



FOR MORE INFORMATION about women's health, call Care Management at 1.800.508.2581 (TTY: 1.800.473.0989).



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Medicaid & Medical Assistance