



## Second-Hand Smoke & Children

### How does second-hand smoke (SHS) affect children?

Children are especially at risk of the dangers from SHS because their lungs are smaller and they breathe faster.

Children exposed to SHS: <sup>(1)</sup>

- have more lung infections and other illnesses, such as asthma, bronchitis and pneumonia;
- are more likely to have sore eyes, noses and throats;
- cough and wheeze more;
- have more ear infections, colds and throat infections.

Babies exposed to SHS: <sup>(1)</sup>

- are at a greater risk for Sudden Infant Death Syndrome (SIDS);
- have weaker lungs than unexposed babies, which increases the risk for many health problems

### How can I protect my children from SHS?

Make your home smoke-free:

- Make it a rule to never smoke in your home. If you smoke—take it outside.
- Ask family and visitors not to smoke in your home.

Make your car smoke-free:

- In Ontario it is illegal to smoke in the car when children under the age of 16 are present.

Make sure your daycare is smoke-free:

- Under the Smoke-Free Ontario Act, all daycares – even private home daycares – are required to be smoke-free at all times. This applies to the entire premises, including garages and outdoor areas.

### Where can I get more information?

[www.ottawa.ca/health](http://www.ottawa.ca/health)

[www.smokefreeride.ca](http://www.smokefreeride.ca)

[www.hc-sc.gc.ca/hc-ps/tobac-tabac/second/index-eng.php](http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/second/index-eng.php)

#### References

<sup>(1)</sup> *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General, U.S. Department of Health and Human Services, 2006*

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