



Secondhand Smoke

Did you know?

Secondhand smoke increases the risk of asthma, lung infections, ear infections, and Sudden Infant Death Syndrome (SIDS).

Action Plan

- Do not allow smoking inside your home and car.
- Choose a smoke-free childcare setting.
- Reduce smoke drift from your neighbors:
 - Seal cracks or gaps in apartment floors, walls, and around pipes with silicone.
 - Put a weather strip under and around the door.
 - Ventilate your home by opening windows.
 - Wet dust and wet mop regularly to reduce household dust. This might also help to reduce chemical residues from the smoke.

[more](#) →

NYSCHECK.ORG

Resources

NYS Quitline: 1-866-NY-QUITS

[nyc.gov](https://www.nyc.gov) and search "secondhand smoke"

Call 311 or visit portal.311.nyc.gov and search "Smoking complaint" to make a complaint about secondhand smoke.

For information on smoking cessation programs, visit [nyc.gov/health](https://www.nyc.gov/health) and search "Guide to smoking and vaping cessation programs in NYC."

For information on smoke-free programs and low-cost nicotine replacement therapy, visit [nysmokefree.com](https://www.nysmokefree.com).

For information on what to do if your neighbor's smoke drifts into your home, visit [lung.org](https://www.lung.org) and search "Secondhand Smoke - Apartment."

For more information, visit [nyscheck.org/rxs](https://www.nyscheck.org/rxs)

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