

# Rx PRESCRIPTION FOR PREVENTION



## Secondhand Smoke

*Exposure to secondhand smoke increases the risk of asthma, lung infections, ear infections, and Sudden Infant Death Syndrome (SIDS).*



- ✓ Do not allow smoking inside your home and car.
- ✓ Choose a smoke-free child care 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.

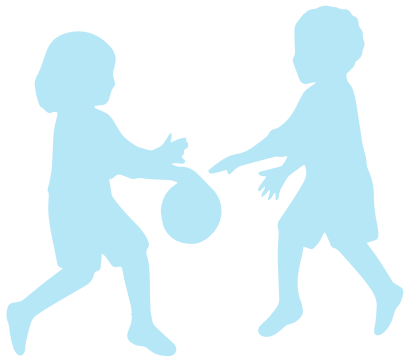
Signed: \_\_\_\_\_





## *Secondhand Smoke*

- ✓ To learn more about smoke-free resources and policies:  
[www.tobaccofreenys.org](http://www.tobaccofreenys.org)
- ✓ For more information visit: [nyscheck.org/rx](http://nyscheck.org/rx)



New York State **Children's**  
Environmental **Health Centers**

[NYSHECK.ORG](http://NYSHECK.ORG)