



# Secondhand Smoke

## Did you know?

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

## Action Plan

- ☐ If you are a smoker, quit. Quitting smoking is one of the best things you can do for your health and the health of your family.
- ☐ If you reside in a multi-unit building, ask the owner or management if there is a smoking policy.
- ☐ 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.

[more](#) 



- Wet dust and wet mop regularly to reduce household dust. This might also help to reduce chemical residues from the smoke.

## Resources

NYS Quit line: 1-866-NY-QUITS

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

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

For more information on what applies to your residential building visit the [Public Health law center's fact sheet](#)

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



The Institute of Medicine at Mount Sinai  
The Translational Center on Early Environmental Exposures

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