



# 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 Quit line: 1-866-NY-QUITS

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

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

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

