



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](#) →

Resources

NYS Quit line: 1-866-NY-QUITS

For information on smoke-free programs and low-cost nicotine replacement therapy, visit nysmokefree.com

For information on what to do if your neighbor's smoke drifts into your home, visit lung.org and search "Secondhand Smoke Apartment."

For more information, visit nyscheck.org/rxs

