



# 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.
  - If you are not able to leave your home to smoke, try using nicotine patches, gums, or lozenges.
  - Reach out to local organizations for help to quit smoking. It takes most people about seven tries to quit.
- 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.
  - Improve airflow by opening windows.
  - Wet dust and wet mop regularly to reduce dust in your home. This might also help to reduce chemicals left over from smoke.

[more](#) →

## Resources

To speak to a free quit coach, visit [NJquitline.org](https://www.njquitline.org) or call 1-866-NJ-STOPS. You may qualify for free nicotine patches.

Essex County Quit Center, call 833-795-7848 or [quitcenter@rwjbh.org](mailto:quitcenter@rwjbh.org). As part of their program, you may qualify for nicotine patches and other nicotine replacement.

For families with children 8 years old and younger, visit [momsquit.com](https://www.momsquit.com) or text "Quit4Kids" to 53016 for a free texting program.

If your neighbor's smoke drifts into your home, visit [lung.org](https://www.lung.org) and search "Secondhand Smoke Apartment."

New Jersey smoke-free housing directory: [tobaccofreenj.com](https://www.tobaccofreenj.com) (search "find smoke free housing")

For more information, visit [bit.ly/brickcityrx](https://bit.ly/brickcityrx)

