



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

[more](#) →

Resources

Smoking and Health Action Coalition helps create smoke-free housing in multi-unit apartment buildings. Call (585)-666-1399 or visit smokefreemonroe.com

New York State Smoker's Quitline provides a FREE starter kit for eligible NYS smokers, information about local quit programs and free help from Quit Coaches. Call 1-866-NY-QUITS (1-866-697-8487) or visit nysmokefree.com

Nicotine Anonymous is a community of people helping each other lead nicotine-free lives. They offer group support and recovery using a program adapted from Alcoholics Anonymous. Call 585-244-8985 for information on the Rochester group.

The American Lung Association offers Freedom from Smoking group sessions led by certified facilitators. A series of sessions will be held at Rochester Regional Health Cardiac and Pulmonary Rehabilitation from September 29 through November 10. Please contact clinic facilitator Bernadette Tomasso at 585-368-4657 to reserve your seat.

For more information, visit nyscheck.org/rxs or call (844) 352-3420

