



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 in your area, visit:

nysmokefree.com (under "Menu," click "Tools and Resources" and select "Local Resources")

health.westchestergov.com (search "Tobacco Prevention" and select "Get Help Quitting")

For county-specific resources related to smoking cessation, visit: tobaccofreeactioncommunities.org (click "Resource Guide" in the right-handed column)

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

Be informed of the laws and restrictions to smoking in private or public residencies in your area: no-smoke.org (under "Materials & Services," click "Lists & Maps")

For more information, visit nyscheck.org/rxs

To request an environmental telehealth consultation with one of the experts at the Children's Environmental Health Center of the Hudson Valley, please call 914-493-7585.

