



Secondhand Smoke

Did you know?

Exposure to 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 child care 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: www.nysmokefree.com

For more information visit: nyscheck.org/rx

