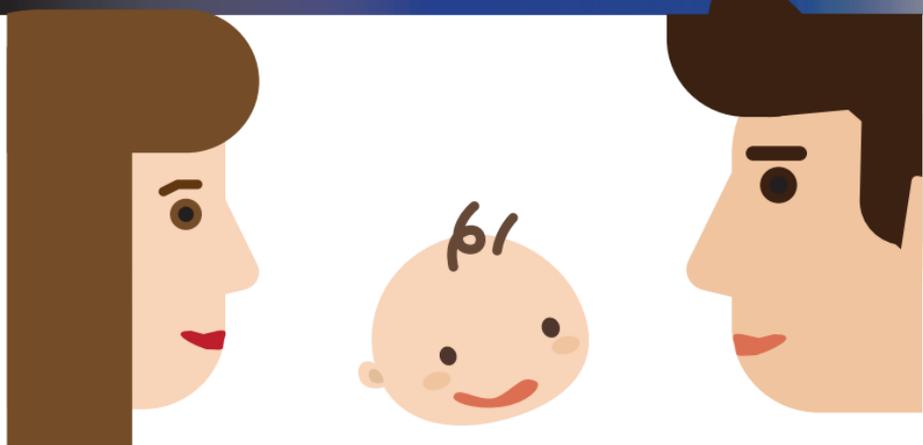


Secondhand Smoke & Your New Baby



Babies who breathe secondhand smoke have an increased risk of ear infections and asthma attacks. Protect your baby and yourself from secondhand smoke!

If a mother smokes while pregnant, she is more likely to have a miscarriage or have a baby that is born too soon or weighs too little.

There is no safe level of exposure to cigarette smoke and babies exposed to smoke are more likely to get sick. Protect yourself and loved ones by keeping smoke out of your home and away from your baby.

Secondhand smoke causes more than 45,000 deaths from heart disease each year in nonsmokers.

Babies exposed to smoke may have a greater risk of dying from sudden infant death syndrome (SIDS).



Ask others not to smoke around your baby.

- ✓ If relatives or visitors smoke, ask them to smoke outside.



- ✓ Be sure daycare workers and babysitters don't smoke around your baby.
- ✓ Post "No Smoking" signs in your home.
- ✓ Offer gum and mints as alternatives to smoking.
- ✓ Make your home and car smoke free.



If you smoke, quit!

- ✓ Your baby is the best reason in the world to be smoke free.
- ✓ If your partner or other family members smoke, ask them to quit with you.
- ✓ **Quitline Iowa** has expert, caring coaches and materials to help you live a tobacco-free life. Enroll now for free. Call **1.800.QUIT.NOW (1.800.784.8669)** or visit **www.quitlineiowa.org**.



Sources:

- http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/index.htm
- <http://www.cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy/>
- Mitchell EA, Milerad J. Smoking and the sudden infant death syndrome. *Rev Environ Health* 2006 Apr-June;21(2):81-103.
- Ness RB, Grisso JA, Hirschinger N, Markovic N, Shaw Lm, Day NL, Kline J. Cocaine and tobacco use and the risk of spontaneous abortion. *JEJM* 1999; 340(5):333-339.

Produced with funding from the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control. Created July 2016.

