

# WHEN WILL YOU ADOPT A SMOKE-FREE HOME RULE?

Secondhand smoke causes **more than 41,000 deaths** per year.

## Tobacco Smoke and Smoke-free Home Rules

There are numerous effects of tobacco smoke (or secondhand smoke) on children and families. Tobacco smoke contains more than 7,000 harmful chemicals and at least 70 are toxic and known to cause cancer. Here's a partial list of the effects of exposure to tobacco smoke:

- **Pregnant women are more likely to give birth to smaller (low birth weight) babies.**
- **Infants have weaker lungs than other babies.**
- **Infants are at risk of dying from Sudden Infant Death Syndrome (SIDS).**
- **Children have a higher chance of developing asthma or other chronic respiratory illnesses.**
- **Children are more likely to get ear infections.**
- **Adults who have never smoked are at risk of heart disease, stroke and lung cancer.**



The home is the primary source of secondhand smoke exposure for children and a major source of exposure to nonsmoking adults. Adopting a smoke-free home rule reduces exposure, particularly among children and can help adult smokers quit. An effective smoke-free home rule prevents anyone from smoking anywhere inside the home at any time. Most American households have smoke-free home rules. Does your home have a smoke-free home rule?



### **Help your co-workers, friends and loved ones quit.**

Anne Arundel County residents can kick the smoking habit by ordering a free self-help book or requesting information on free, local quit smoking classes. Call the Learn To Live Program of the Anne Arundel County Department of Health at **410-222-7979** or visit [www.MyQuitKit.org](http://www.MyQuitKit.org).

*Source: Reports of the Surgeon General, U.S. Public Health Service*

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**Learn To Live**  
Anne Arundel County Department of Health

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