

# GET THE FACTS

Secondhand smoke is the mix of smoke given off by a cigarette and the smoke exhaled by a smoker.

Secondhand smoke can cause serious health problems.

People who breathe secondhand smoke are more likely to develop heart disease and lung cancer.\*

\*Based on findings of the National Cancer Institute.



Panhandle  
PREVENTION  
COALITION

**Panhandle**

Public Health District

For more information contact  
PPHD tollfree at (866) 701-7173  
[www.pphd.org/tfn](http://www.pphd.org/tfn)



## Smoke-Free Homes & Cars

*Change is in the air.*

*Protect your family  
from secondhand smoke.*

**Pledge your home and car smoke-free.**

Infants need extra protection. Breathing secondhand smoke has been linked to Sudden Infant Death Syndrome (SIDS).  
It isn't enough to:  
~ Move to another room  
~ Turn on a fan  
~ Open a window  
~ Blow smoke away

Protecting children is really important because young children who breathe secondhand smoke are more likely to:  
~ Get bronchitis and pneumonia  
~ Have more ear infections  
~ Have more asthma attacks  
~ Wheeze and cough

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