



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.

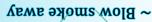


Panhandle

Public Health District

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





~ Open a window

~ Turn on a tan

~ Move to another room

it isn't enough to:

Infants need extra protection. Breathing secondhand smoke has been linked to Suddedn Infant Death Syndrome (SIDS).



Smoke-Free Homes & Cars

Change is in the air.

Protect your family from secondhand smoke.

Pleadge your home and car smoke-free.

Funding provided by the Nebraska Department of Health and Human Services/Tobacco Free Nebraska Program as a result of the Tobacco Master Settlement Agreement.

- ~ Wheeze and cough
- Have more asthma attacks
- ~ Have more ear infections
- ~ Get bronchitis and pneumonia

Protecting children is really important because young children who breathe secondhand smoke are more likely to: