



## TOBACCO FREE FLORIDA offers a number of **FREE resources** to help smokers quit.

- These services are available at no cost to tobacco users to help them succeed today
- However you decide to seek help, you will receive proactive coaching sessions, self-help materials and free nicotine replacement therapy\*
- Counseling and materials in English, Spanish and Haitian Creole: translation services for all other languages and TDD service for the hearing impaired

*\*If medically appropriate and 18 years of age or older.*

### QUIT YOUR WAY



#### PHONE QUIT

Talk to a Quit Coach® to help you get started.



#### GROUP QUIT

Get the support you need at one of our group quit sessions.



#### WEB QUIT

Get access to online tools to help you quit.



#### MORE QUIT TOOLS

But wait, there are more ways to quit! Choose what you need or use them in addition to our Phone, Group and Web services.

For more information, visit us at  
[tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway)

# THE EFFECTS OF SECONDHAND SMOKE

ON THE FETUS, INFANTS, CHILDREN  
AND PEOPLE WITH ASTHMA



According to the Centers for Disease Control and Prevention, smoking is the leading cause of preventable death and disease. Smoking has negative health effects on people at all stages of life. Smoking is particularly dangerous to unborn babies, infants and children.

## EFFECTS ON THE FETUS

The fetus of a pregnant woman who smokes receives all the toxins from a cigarette through the mother's bloodstream. There is an increased risk of complications such as:

- Spontaneous abortion
- Miscarriage
- Stillbirth
- Early delivery

Certain chemicals, such as nicotine and carbon monoxide, prevent the fetus from receiving the oxygen and the nutrients needed to grow.

## EFFECTS ON INFANTS

Infants of mothers who smoke during pregnancy have higher rates of infant mortality and Sudden Infant Death Syndrome (SIDS). Their babies are also more likely to have brain dysfunction and experience mental retardation. In addition, these babies are at higher risk for poor lung development, respiratory infection and asthma.

## EFFECTS ON CHILDREN

- Onset of asthma attacks
- Behavioral problems
- Hyperactivity
- Middle ear infections
- Eye irritations
- Bronchitis
- Headaches
- Cystic Fibrosis
- Pneumonia
- Impaired school performance

## ASTHMA

Asthma is a serious lung disease. During an asthma attack, the airways narrow making it difficult to breathe. Asthma attacks range from moderate to severe.

Moderate attack symptoms include:

- Coughing
- Wheezing
- Difficulty with breathing
- Tightness in the chest

Severe attack symptoms include:

- Difficulty speaking
- Gasping and loss of breath
- Bluish lips and fingernails due to lack of oxygen
- Tight neck muscles

Secondhand smoke is one of asthma's greatest triggers. Choose not to smoke in the presence of others. The air that children breathe affects their health!



**For more information on  
secondhand smoke call:  
Florida Department of Health  
Bureau of Tobacco Free Florida  
1-800-337-3742**

Resources:

**American Lung Association**  
[www.lungusa.org](http://www.lungusa.org)

**Centers for Disease Control and Prevention**  
[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)