

Cigarette Smoke

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Cigarette smoke, air pollution, gas fumes, aerosol sprays, and paint fumes, are some of the substances which can irritate the tissues of the lungs and upper airways. Breathing these can trigger an asthma attack. This is due to the chemicals and nicotine in cigarettes.

Cigarette smoke is highly irritating and can cause an asthma attack. Cigar and pipe smoke can also trigger attacks. Smoke remains in the air for a long time so even when a child is not in the room with the smoker, the child is still at risk for an asthma attack.



Cigarette

How can you protect children from cigarette smoke?

- If there are house hold members who smoke, ask them to smoke outside.
- If you haven't yet quit, do not smoke indoors or in any closed area with the child, like the car.
- If smokers visit the home, ask them not to smoke indoors.
- Remove all ash trays.
- Place a "Please Don't Smoke" sign on your door.
- Encourage family members to quit smoking.
- Your physician should have information on smoking cessation programs.
- When visiting friends or family who smoke, please explain your child's asthma and ask them not to smoke indoors before or during your child's visit.
- **Quit smoking today!!** You will be improving the health of your child and yourself. It has been shown that when parents of a child with asthma stop smoking, the child's asthma often improves. [The number for the New York Smokers Quit Line is 1-866-697-8487.](#)

[< How to make the rest of your home Asthma-Safe: Try doing any of these!](#) [up](#)
[Smoking: The chemicals found in cigarettes are also found in these other products!! >](#)

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