

PARENTS AND CHILDCARE PROVIDERS:

Did you know???



Recent secondhand smoke laws and ordinances

- On January 1, 2008, it became illegal to smoke in your car when people under 18 are present
- Albany, Berkeley, Dublin, Emeryville, Newark, Oakland and Pleasanton *now require that homes used as child care facilities be non-smoking at all times, even when children are not present.*

Because their bodies are developing, infants and young children are especially vulnerable to the poisons in secondhand smoke. The Surgeon General has concluded that the only way to fully protect yourself and your loved ones from the dangers of secondhand smoke is through 100% smoke-free environments.

Even if no one is actively smoking, the stale smoke in a house or car may continue to harm people, especially young children and persons with illnesses.

For the health and safety of everyone, the American Lung Association of California recommends that all homes and cars be kept smoke-free all the time, especially homes with children and that provide child care.

For more information on trainings on secondhand smoke and asthma management for preschoolers, please contact Liz Gregor, at the American Lung Association of California lgregor@alac.org or 510-893-5474.



Fact Sheet

Secondhand Smoke & Children

The Environmental Protection Agency has issued strong recommendations that children be protected from exposure to secondhand smoke. The EPA has found that secondhand smoke causes the following in young children each year:

INFECTIONS - up to 300,000 lower respiratory infections including pneumonia, bronchitis and bronchiolitis

ASTHMA - up to 1,000,000 asthma attacks and 26,000 NEW cases of asthma

- ◆ Increased ear infections
- ◆ More and longer colds/flu
- ◆ Significantly reduced lung function
- ◆ More dental cavities
- ◆ Over 60 percent of SIDS deaths are caused by parental smoking
- ◆ Children who grow up breathing secondhand smoke are more than 3 times more likely than children from smoke-free homes to get lung cancer when they grow up.

Secondhand Smoke & Ventilation

- ◆ Indoor air pollution in a smoker's household is 120 greater than in a nonsmoking household
- ◆ Smoking should not occur in a home where children live or spend time, even if the children are not present. Tobacco toxic dust clings to rugs, fabrics and clothing.
- ◆ Smoke-filled clothes should not be kept in the same room as children
- ◆ If a child must enter a house where smoking has occurred, the house should be aired for several hours and opening windows and running fans - in order to reduce the level of toxicity.

Treat SECONDHAND SMOKE like an INSECTICIDE application!!!

For more information, contact the American Lung Association of California at (510) 893-5474.

