

# Smoke-free homes and vehicles are better!



*Secondhand smoke hurts you and your family. It can cause:*

- Premature birth and low birth weight.
- Increased risk of sudden infant death syndrome (SIDS).
- Ear infections, bronchitis, pneumonia and other breathing problems.
- Difficulty concentrating and learning.
- More frequent and severe asthma attacks.
- Reduced lung development in children.
- Ear infections in children.
- Cancer and heart disease.
- Reduced immunity and ability to recover from illness.
- More time off work and more missed school days.

*Secondhand smoke harms pets, too.*

- It can cause skin, eye and breathing problems in pets.
- Cats pick it up on their tongues when they lick their fur.
- It can cause cancer and heart disease in animals, too.
- Dogs with long snouts can be especially affected.

*Secondhand smoke does not go away easily.*

- It settles into carpets, furniture, draperies, car interiors, etc. It can re-enter the air for a long time afterward, continuing to be an irritant and a health hazard. Then it is referred to as thirdhand smoke.
- It makes cleaning and home renovation more difficult and expensive.
- It reduces the values of homes and vehicles.

Opening a window is not the answer. *Having a smoke-free home and vehicles is the answer.*

For more information, go to:

- Community Connections Tobacco Free Lincoln County, at [www.CommunityConnectionsLC.org/tflc](http://www.CommunityConnectionsLC.org/tflc)
- SmokeFree Nebraska, at <http://dhhs.ne.gov/Pages/Smokefree-Nebraska.aspx>

Tobacco Free Lincoln County is funded by the Nebraska Department of Health and Human Services / Tobacco Free Nebraska Program, as a result of the Tobacco Master Settlement Agreement. (308) 696-3356. E-mail [tflc@communityconnectionsllc.org](mailto:tflc@communityconnectionsllc.org).