

How to protect yourself and your family from TSP

- ◆ If you smoke, quit!
- ◆ Keep smoke away from you and your family by not allowing people to smoke in your home.
- ◆ Do not allow smoking in your car.
- ◆ Support clean air laws that protect you from TSP.
- ◆ Eat in smoke-free restaurants.
- ◆ Ask your employer to make sure you do not have to breathe other people's smoke at work.



Join Delaware County's Tobacco-Free Coalition. Call 484-444-0412

Funded by the
Delaware County Office of Behavioral Health and

DEPARTMENT OF HEALTH

Pennsylvania Free Quitline: 1-877-724-1090
Also visit QuitNet.com for free information and support.

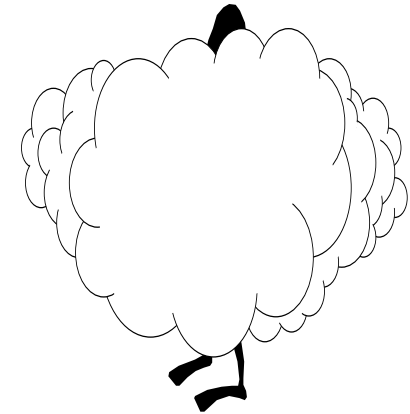


For more information on
Tobacco Smoke Pollution visit
www.tobaccofreedelco.com

Delaware Co. Tobacco-Free Coalition
c/o Holcomb Behavioral Health Systems
126 E. Baltimore Pike, Media, PA 19063
(484) 444-0412 or visit our Web site at
www.holcombprevention.org



Tobacco Smoke Pollution And Children



Pennsylvania Free Quitline:
1-877-724-1090

What is Tobacco Smoke Pollution?

Tobacco smoke pollution (TSP), also known as secondhand smoke, comes from two places:

- ◆ Smoke exhaled from the lungs of the smoker
- ◆ Smoke that comes from the burning end of a cigarette, cigar or pipe

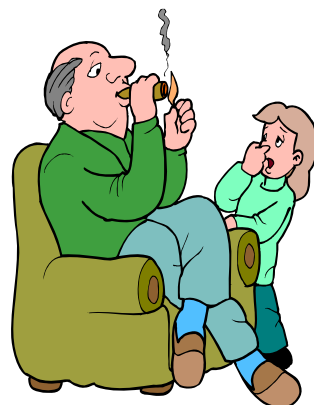
TSP contains over **4,000** chemicals, more than **40** of these are known to cause cancer.

Some of the more well known chemicals are:

- ◆ Carbon monoxide—car exhaust
- ◆ Tar—used in road and roofing materials
- ◆ Acetone—nail polish remover
- ◆ Ammonia—a household cleaner
- ◆ Arsenic—rat poison

TSP causes 300,000 cases of pneumonia and bronchitis in children every year.

Children are especially sensitive to TSP



Children exposed to TSP are at increased risk of:

- ◆ Ear infections
- ◆ Asthma
- ◆ Pneumonia
- ◆ Bronchitis
- ◆ SIDS (Sudden Infant Death Syndrome)

The only effective way to protect children is to create a 100% smoke-free environment.

Benefits of Making Your Home Smoke-Free

- ◆ Your home will smell much better.
- ◆ Your food will taste better.
- ◆ You will spend less time, energy, and money cleaning your curtains, walls, windows, and mirrors.
- ◆ Your insurance rates may be lower—check with your insurance company.
- ◆ Your pets will be happier too.



The greatest benefit is that you will remove all the negative health effects associated with TSP.

Protect your children when they are away from home too

- ◆ Know the smoking policies of your child's day care providers, pre-schools, schools, and other care givers. Make sure they are smoke free.

- ◆ Help other parents understand the health risks to children from TSP. People

often don't realize how dangerous it is.



- ◆ If your child visits friends or relatives who smoke, ask them not to smoke around him or her.



Work with your parent/teacher organizations, school board and school administrators, community leaders, and other concerned citizens to make the places where you and your children spend time free from smoke.