

Protect Your Baby from Tobacco Smoke

Five Helpful Facts to Protect Your Newborn



Congratulations on the birth of your baby! We know you will want to do everything you can to protect your baby's health, so it is important that you are aware of the hazards of tobacco smoke pollution (secondhand smoke).

Tobacco Smoke Pollution (TSP) is dangerous. TSP is the smoke exhaled by smokers and the smoke that comes off the tip of a cigarette, cigar, or pipe. It is dangerous for babies to breathe this smoke. To protect your baby, here are five things you should know about TSP:

1. TSP exposure increases a baby's chances of dying from Sudden Infant Death Syndrome (SIDS).
2. Babies exposed to TSP are more likely to develop asthma, allergies, and respiratory infections like bronchitis and pneumonia.
3. TSP has been classified by the government as a known human carcinogen (cancer-causing substance). There are over 4,000 chemicals in TSP, at least 40 of which are known to cause cancer in humans.
4. Babies breathe more air relative to their body size than adults. Babies are also at a delicate stage of development. Combined, these factors make them more at risk to the dangers of TSP than adults.
5. You can reduce these risks by making sure that no one smokes around your baby. Don't allow smoking inside your house or car, even if your baby is not around, since many of the harmful chemicals stay in the air. When possible, avoid smoky places such as restaurants where smoking is allowed. Instead, go to smoke-free restaurants and businesses with your child.

Source: The United States Environmental Protection Agency — www.epa.gov