

# Let's Protect the Kids

The people that we care most about, our children, are the most effected by second hand smoke due to their highly developing bodies. The effects of second hand smoke can hurt even our unborn children.

Smoking or being around secondhand smoke while pregnant can lead to:

- miscarriages
- lower birth rates
- premature birth
- stillborns births



The risk for sudden infant death syndrome doubles when their caregiver smokes.



Children who are around secondhand smoke are likely to have:

- more asthma attacks
- colds
- ear infections
- bronchitis
- pneumonia
- ear infections
- allergies

What can *you* do?

- If you smoke try to quit,
  - If you can't quit right away smoke outside away from your children.
- Ask visitors not to smoke in your home
- Put away all ashtrays
- Choose not to allow anyone to smoke in your family vehicle
- Go to smoke-free places when your children are with you.

For more information about secondhand smoke or how to quit please call Tobacco-Free Missoula County, 523-2885

