

The Facts About Secondhand Smoke & Asthma:

- Nearly 2 out of 5 children aged 2 months to 5 years live with at least one smoker.
- An estimated 9-12 million children are exposed to secondhand smoke at home.
- It is estimated that up to 1 million children have aggravated asthma symptoms due to Secondhand Smoke.

What You Can Do

- If you smoke, the best action you can take is to quit for yourself and your children. Choose to quit.
- Call the free Michigan Tobacco Quit Line at 1-800-480-7848 for help.
- Choose not to smoke in your home or car and do not permit others to do so.
- Do not allow babysitters to smoke in your home.
- Choose smoke-free daycare.

For More Information on Tobacco and Secondhand Smoke, Contact:

Michigan Department of Community Health Tobacco Section 109 W. Michigan Ave. P.O. Box 30195 Lansing, MI 48913 517-335-8376

If you think your child may have asthma or you have concerns about your child's existing asthma:

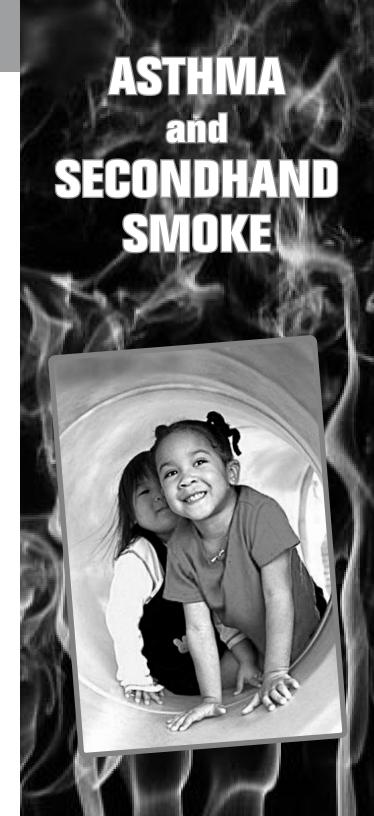
- Go to www.getasthmahelp.org or call 1-866-EZLUNGS (395-8647) to get more information on asthma triggers, medications, and resources in your area.
- Contact your child's physician about your concerns.
- Talk to your child's physician about developing or revising an asthma action plan.
- Call your local county health department.

Michigan Department of Community Health

Note: The Community Health

Rick Snyder, Governor Olga Dazzo, Director

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What is Asthma?

Asthma is a chronic disease of the lungs that affects over 646,000 adults and 215,000 children in Michigan. Symptoms may include coughing, wheezing; feelings of chest tightness or pressure; and/or shortness of breath.



- Once a person has been diagnosed with asthma, they will always have the disease, even if their asthma symptoms are mild or seem to stop.
- Asthma can't be cured, but can be controlled. Expect nothing less.
- Asthma is controlled by using asthma medications and by avoiding the things that make a child's asthma symptoms worse.

- Asthma attacks are caused by or "triggered" by many things, including:
 - use of tobacco and secondhand smoke
 - dust mites
 - ♦ mold
 - animal dander
 - ♦ cockroaches
 - ♦ pollen
 - ♦ cold air
 - perfumes and strong odors
 - ◆ pollution
 - respiratory infections bacterial or viral
 - exercise
 - emotional influences/stress
 - weather changes
 - food additives

Triggers may differ from one person to the next, but the most common triggers are second hand smoke, dust mites, mold, animal dander, and cockroach allergens.

Asthma causes over 16,000 hospitalizations and 165 deaths in Michigan each year. The rates of these

events are higher among children, African-Americans, and women. Most of these events are preventable when a person's asthma is under good control.



What is Secondhand Smoke?

- Secondhand Smoke consists of the smoke given off by cigarettes, cigars, and pipes, and the smoke exhaled by smokers.
- A mixture of chemicals including at least 50 chemicals known to cause cancer.
- Exposure to secondhand smoke can cause heart disease, cancer and lung disease.

Children are Especially Susceptible to Secondhand Smoke.

- The lungs of children are still developing and they have faster breathing rates than adults do.
- Second hand smoke is a common trigger of asthma attacks. It is also linked to the development of asthma in very young children.
- Infants and children who breathe secondhand smoke are more likely to suffer from:
 - ♦ Asthma
 - ♦ Bronchitis
 - ◆ Pneumonia
 - Respiratory infections
 - ♦ Wheezing and coughing spells
 - ◆ Ear infections
 - ◆ SHS exposure can cause sudden infant death (SIDS).