

CHILD AND FAMILY SERVICES AGENCY (CFSA)
2008 Quick Reference Guide
ADVERSE EFFECTS OF SECOND-HAND SMOKE



Cigarette smoking is the leading cause of avoidable death in the United States. Even though the ill effects both of active and of passive smoking are staggering, they can be reduced and even eliminated. The following suggestions for CFSA staff and foster parents will considerably alleviate the hazards of secondhand smoke for the children in our care:

- During pregnancy, women should refrain from smoking. If possible, pregnant women should avoid smoke-filled areas.
- Never smoke in the presence of children, particularly infants and toddlers. Their undeveloped lungs are especially susceptible to the effects of passive smoking. Adults should always store cigarettes and other tobacco-related products out of the reach of children.
- Do not smoke in your house! Do not permit others to smoke in your home, including baby-sitters or others who work in your home. If another adult living in the home insists on smoking indoors, increase ventilation in that area: open windows or use exhaust fans. No adult should smoke in an automobile if children are present.
- A lack of parental or adult concern about a child's use of tobacco may increase a child's risk of using tobacco. Parents should clearly and unequivocally express disapproval of tobacco use by their children.
- Find out about the smoking policies of daycare providers, preschools, schools, and other caregivers.
- Help other parents understand the serious health risks to children from environmental tobacco smoke. Work with parent and teacher associations, your school board, school administrators, community leaders, and other concerned citizens to make your child's environment smoke-free.
- Test your home for radon. Radon contamination in combination with smoking is a much greater health risk than either one individually.

Resource: [Natural Resources Defense Council](#) (NRDC). The NRDC is one of the nation's most effective environmental action groups.

