

# GOING SMOKE FREE IN YOUR HOME

• WHY IT MATTERS •

There is no safe level of exposure to secondhand smoke.



Seventy-one percent of households in Nebraska, where at least one person smokes, have a **no-smoking rule** inside the home.<sup>i</sup>

and yet...

Nearly **18,000** Nebraska children and youth under 18 are exposed to secondhand smoke in the home.<sup>ii</sup>



Loss of Life Due to Secondhand Smoke



Secondhand smoke exposure among babies and children can cause:

INCREASED RISK OF **Sudden Infant Death Syndrome (SIDS)**

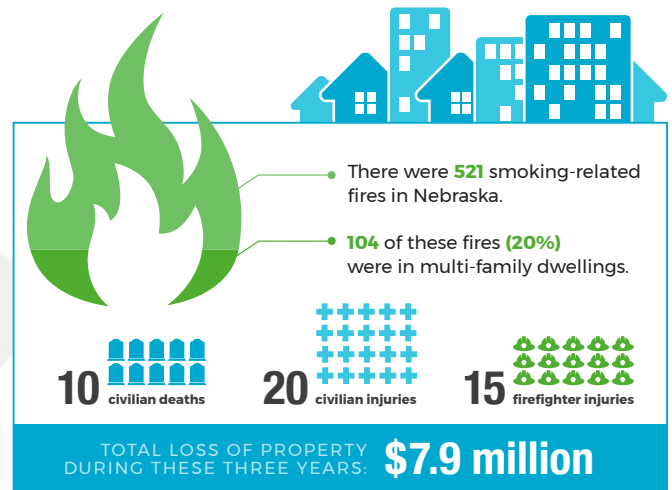
HIGHER RISK OF DEVELOPING **Ear Infections**

MORE FREQUENT AND SEVERE **Asthma Attacks**

RESPIRATORY INFECTIONS LIKE **Bronchitis and Pneumonia**<sup>iii</sup>

Children and adults who live in multi-unit housing such as **apartments or condos** are more likely to be exposed than those living in single-family homes.<sup>v</sup>

2013-2015 Smoking-Related Fires<sup>vi</sup>



SMOKE-FREE AIR AT HOME IS:

**HEALTHIER**

REDUCE HEALTH RISKS



**CLEANER**

REDUCE SMOKE DAMAGE



**SAFER**

REDUCE FIRE RISK



**GOING SMOKE FREE IN YOUR HOME**

MAKE IT A RULE!



Change is in the air.

Tobacco Free Nebraska

Nebraska Department of Health & Human Services • Division of Public Health

[smokefree.ne.gov](http://smokefree.ne.gov)

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## Sources

<sup>i</sup> U.S. Department of Health and Human Services. [The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General](#). Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 [accessed 8/20/2015].

<sup>ii</sup> Nebraska ATS 2015

<sup>iii</sup> Source: Centers for Disease Control and Prevention. Secondhand Smoke Facts. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/general\\_facts/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm) Accessed 1/30/2017. – Adjusted for Nebraska’s population based on census data.

<sup>iv</sup> U.S. Department of Health and Human Services. [The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General](#). Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 [accessed 8/20/2015].

<sup>v</sup> Source: Wilson KM, Klein JD, Blumkin AK, Gottlieb M, Winickoff JP. [Tobacco Smoke Exposure in Children Who Live in Multiunit Housing](#). [PDF-575 KB] *Pediatrics* 2011;127(1):85-92 [accessed 8/20/2015].

<sup>vi</sup> U.S. Department of Homeland Security, National Fire Incident Reporting System. Reports created and site accessed on 1/30/2017.



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