Prescriptions for Prevention

Secondhand Smoke

Did you know?

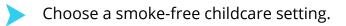
Secondhand smoke increases the risk of asthma, lung infections, ear infections, and Sudden Infant Death Syndrome (SIDS).

- Action Plan
 - The dangers of smoking have been known for years, but breathing in someone else's secondhand smoke is also a serious health risk. To learn more about the dangers of secondhand smoke, click <u>this link</u> or scan the QR code:



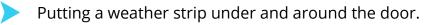
To protect your children from secondhand smoke:

Do not allow smoking inside your home or car.



Reduce smoke drift from your neighbors by:

Sealing cracks or gaps in apartment floors, walls, and around pipes with caulk.



- Consider using an air purifier in most often occupied rooms (bedrooms, living room etc).
- Wet dust and wet mop regularly to reduce chemical residues from the smoke.

adelphia Regional Center

Children's Environmental Health

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To learn more about how to prevent exposure to secondhand smoke in the home, click <u>this link</u> or scan the QR code:





For information on what to do if your neighbor's smoke drifts into your home, click <u>this link</u> or scan the QR code:





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Resources

Smoke Free Philly

To explore treatment options for quitting smoking in Philadelphia, click <u>this link</u> or scan the QR code:



Pennsylvania Quitline

To get help quitting tobacco, call the free Pennsylvania Quitline at **1-800-QUIT-NOW** (784-8669) or click <u>this link</u> or scan the QR for additional resources:



Tobacco Education Resource Library

To access free resources for students, teachers, and parents to learn how to prevent smoking, click <u>this link</u> or scan the QR code:



EX Community

Join an online quitting community developed by Mayo Clinic. To learn more, click <u>this</u> <u>link</u> or scan the QR code:



American Lung Association

Developed by the ALA, the Not On Tobacco (NOT) Teen Smoking and Vaping Cessation Program is free, mobile, and holistic. Click <u>this link</u> or scan the QR code to learn more:



SmokeFree Text Service

Join the SmokeFree text service designed and run by the NIH. To learn more, click <u>this link</u> or scan the QR code:



For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at: 215-573-9076 prcceh@pennmedicine.upenn.edu prcceh.upenn.edu



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