



# 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 [this link](#) or scan the QR code:



➤ To protect your children from secondhand smoke:

➤ Do not allow smoking inside your home or car.

➤ Choose a smoke-free childcare setting.

➤ Reduce smoke drift from your neighbors by:

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

➤ Putting a weather strip under and around the door.

➤ 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.

➤ To learn more about how to prevent exposure to secondhand smoke in the home, click [this link](#) or scan the QR code:



➤ For information on what to do if your neighbor's smoke drifts into your home, click [this link](#) or scan the QR code:





# Prescriptions for Prevention

## Resources

### Smoke Free Philly

To explore treatment options for quitting smoking in Philadelphia, click [this link](#) 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 [this link](#) 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 [this link](#) or scan the QR code:



### EX Community

Join an online quitting community developed by Mayo Clinic. To learn more, click [this link](#) 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 [this link](#) 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 [this link](#) 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@penmedicine.upenn.edu](mailto:prcceh@penmedicine.upenn.edu)  
[prcceh.upenn.edu](http://prcceh.upenn.edu)

