



## Are You Doing Enough to protect your children from secondhand smoke and e-cigarette vapor?

### Secondhand smoke and e-cigarette vapor can cause serious health problems.

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- Kids who are around secondhand smoke get sick more often.
- Secondhand smoke can cause asthma and trigger an asthma attack.
- Wheezing and coughing are more common in kids who breathe secondhand smoke.
- Kids who breathe secondhand smoke get more infections in their lungs and ears. They may also get fluid in their ears and need operations to put tubes in the ears to drain the fluid.
- The aerosol from e-cigarettes is not a harmless vapor and usually contains nicotine. Nicotine exposure during adolescence can harm the developing adolescent brain and can disrupt the formation of brain circuits that control attention and learning.
- Nicotine is addictive and can also train the brain to be more easily addicted to other drugs.
- The aerosol created by e-cigarettes can contain ingredients that are harmful, including: nicotine; ultrafine particles; flavoring such as diacetyl, a chemical linked to serious lung disease; volatile organic compounds such as benzene; and heavy metals, such as nickel and lead.
- The use of products containing nicotine is unsafe for youth, pregnant women, and fetuses.
- Secondhand smoke increases the risk of Sudden Infant Death Syndrome (SIDS). SIDS is the sudden, unexplained unexpected death of an infant in the first year of life. SIDS is the leading cause of death in otherwise healthy infants.

### What can I do to protect my child?

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- Adopt tobacco-free rules, including e-cigarettes, in your home and car.
- Post a sign or decal for your home and car that reminds people not to smoke or vape.
- Create a place to smoke or vape outside and away from doors and windows.
- Remove all the ashtrays in your home.
- Store your cigarettes and e-cigarettes out of easy reach in your home or in the trunk while you drive.
- Keep e-liquid away from children. E-liquid contains toxic ingredients that can be accidentally swallowed or absorbed through the skin. E-liquid cartridges are also a choking hazard for small children.
- Contact your health care provider or a tobacco quitline to get help to quit smoking completely, including e-cigarettes.

Learn more at:

 [AreYouDoingEnoughNM.com](https://www.AreYouDoingEnoughNM.com)

