

Emilia and Miguel

FIGHT BACK AGAINST SECONDHAND SMOKE

NMDOH
NEW MEXICO DEPARTMENT OF HEALTH



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Emilia was so excited because today was her seventh birthday. Grandma and Grandpa had planned a special party. When Emilia and her brother Miguel got to Grandma and Grandpa's house, Emilia saw a birthday cake and a lot of presents on the table! She hoped one of them was a new soccer ball!





Emilia and Miguel were happy to see their cousins Daniel and Jessica, so they all played in the backyard. Grandma and Grandpa's dog Luna played too!

"Emilia, it's time to open presents!" Grandma said after the game.





The kids rushed to the living room and Emilia opened her first present. It was a new soccer ball from Grandpa! “Thank you very much, Grandpa!” Emilia exclaimed. Emilia gave Grandpa a hug, but wrinkled her nose. He smelled like cigarette smoke.

She wished Grandpa didn’t smoke around her because it made her eyes feel itchy and watery. The nurse at school said that when Emilia breathed in Grandpa’s cigarette smoke that it was called secondhand smoke.



As Emilia started to open her second present, she saw Grandpa reach into his pocket for a cigarette.

“Please don’t smoke here, Grandpa!” she exclaimed. “Secondhand smoke can trigger my asthma. Then I won’t be able to breathe very well during soccer practice!”

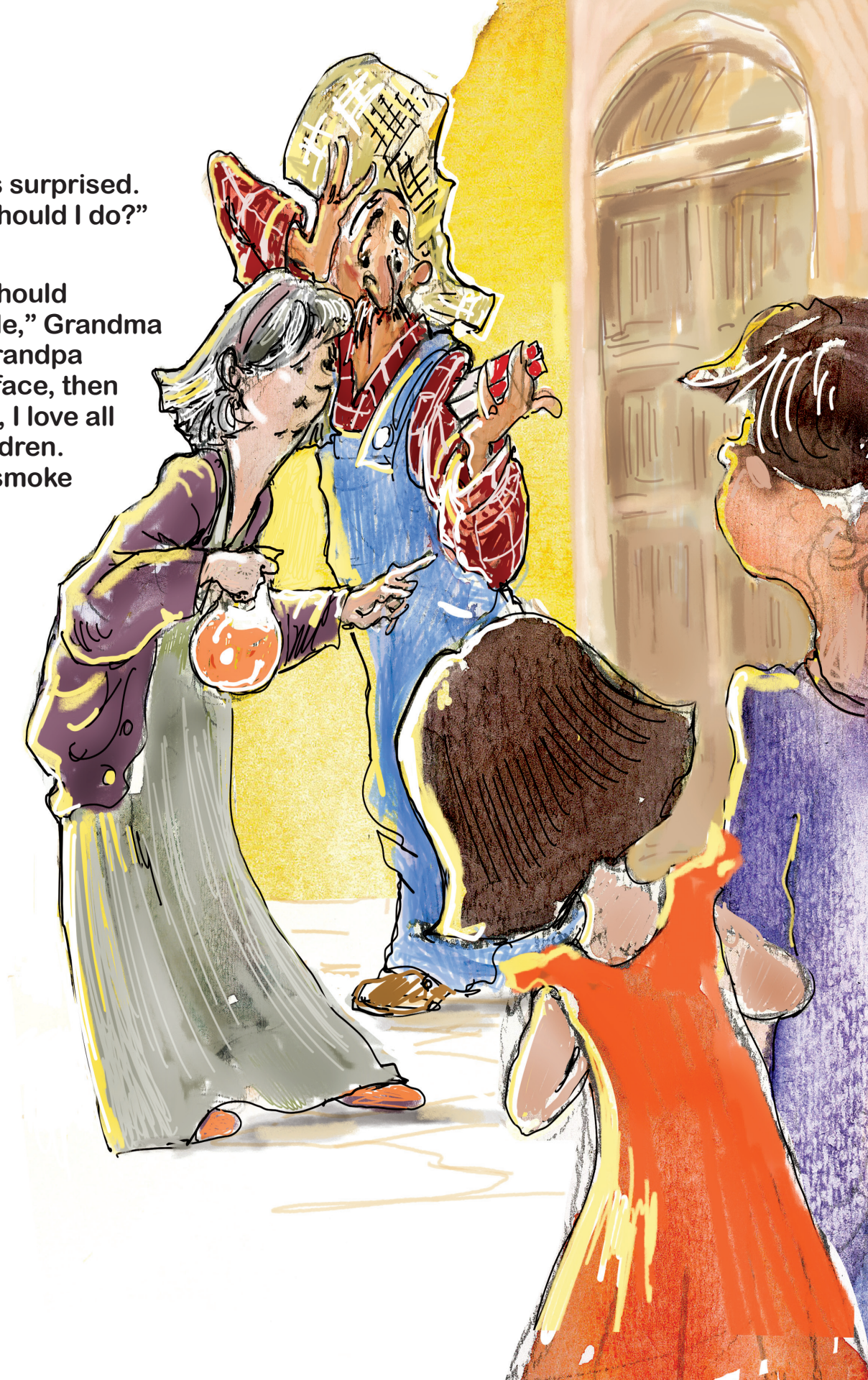


“Yeah, Grandpa! Please don’t smoke inside,” Miguel chimed in.

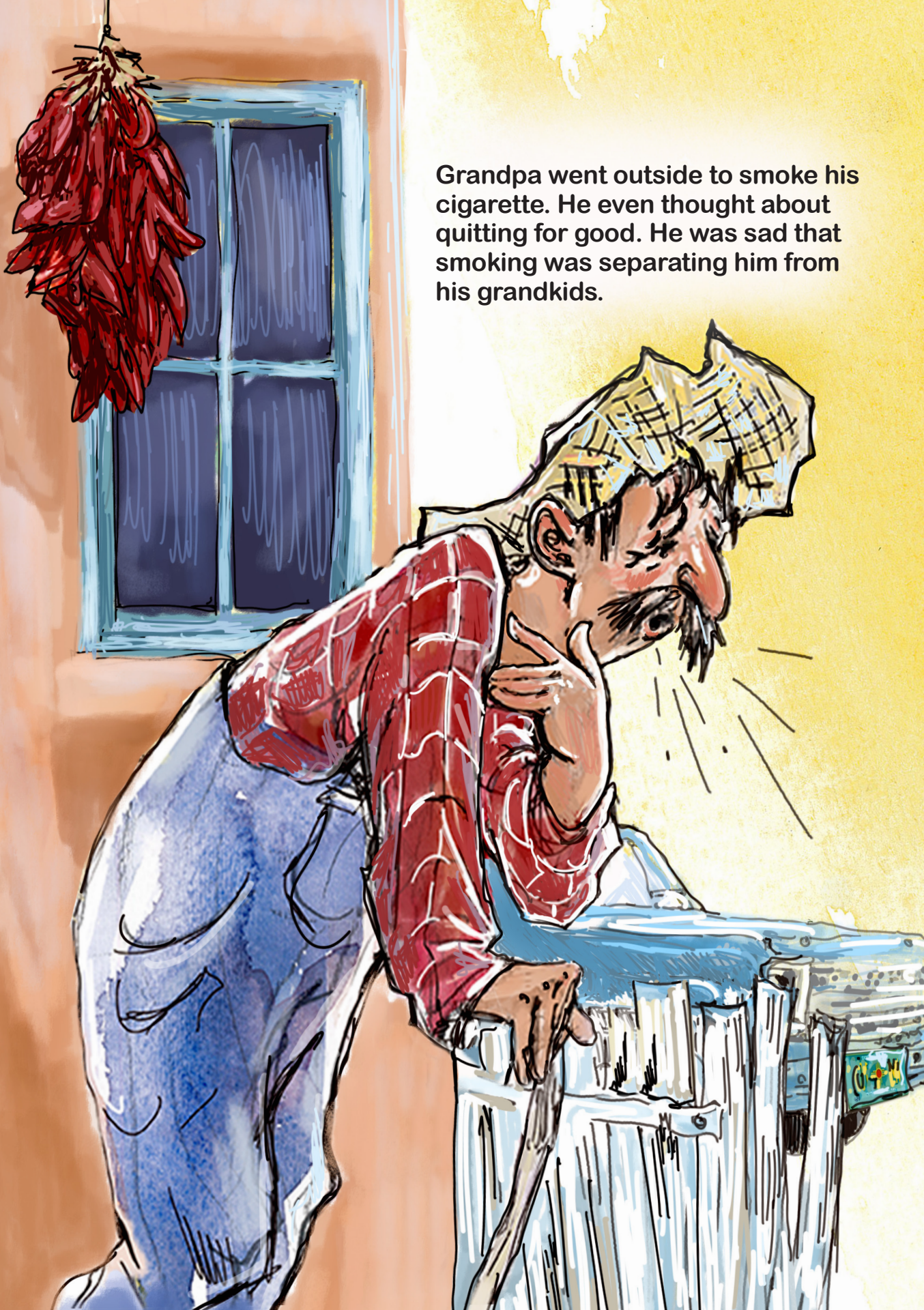
“My teacher said that secondhand smoke can cause lots of problems for us kids like bronchitis, pneumonia, ear infections and wheezing too! Plus, it can even hurt Luna!”

Grandpa was surprised.
“Well, what should I do?”
he asked.

“I think you should
smoke outside,” Grandma
chimed in. Grandpa
wrinkled his face, then
nodded. “OK, I love all
my grandchildren.
I promise to smoke
outside from
now on.”



Grandpa went outside to smoke his cigarette. He even thought about quitting for good. He was sad that smoking was separating him from his grandkids.





When Grandpa came back inside, Emilia gave him another big hug.
“Let’s have cake!” Grandpa said with a smile.

**There is NO safe amount of
secondhand smoke.**

**Vapor from e-cigarettes
is not harmless.**

**Emilia and Miguel spoke up,
and you can, too!**



**Tell an adult about your symptoms, like watery
or itchy eyes, coughing, and wheezing.**



**Ask the smoker to sign a pledge to not smoke
or vape in the home or in the car.**



Avoid areas where anyone is smoking or vaping.



SecondHandSmokeFreeNM.com



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