

# Why is Smoking Harmful?

Did you know that?



- **Smoke can trigger an asthma attack.** People with asthma have sensitive airways. Smoke irritates the airways. This irritation brings on an asthma attack.
- **Second-hand smoke can trigger an asthma attack.** It can also make an attack more severe. The smell of smoke on clothing and furniture can irritate the lungs of people with asthma.
- **Smoke in the house increases the number of asthma attacks in children.**
- **Tobacco smoke contains harmful chemicals.** People who live around cigarette smoke breathe the same chemicals in smoke that smokers do and they get some of the same diseases.
  - *Several deadly poisons*
  - *Dead tissue preservative*
  - *Nail polish remover*
  - *Wood alcohol*
  - *Torch fuel*
  - *House cleaner*
- **Family members who live with smokers may breathe as much second-hand smoke in one day as they would if they smoked 1-2 cigarettes themselves.** Over 3000 non-smokers die each year from lung cancer caused by second-hand smoke. Second-hand smoke is very bad for babies and children. Smoking takes 8 years off the life of the smoker and causes many types of health problems.

What you can do

## Quit Smoking

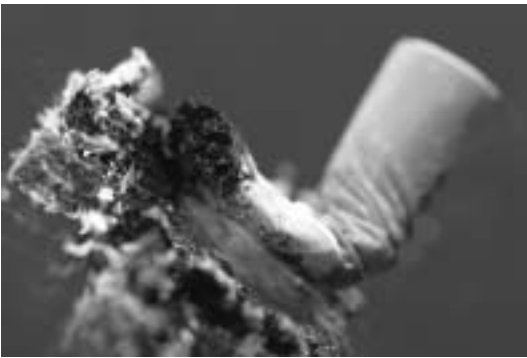
This is the most important thing that you can do for yourself and your family.

- **Talk to your medical provider about quitting**
- **Use medications for quitting, such as the nicotine patch or Zyban**
- **Get group, individual or telephone counseling**

**There is help for quitting from the California Smokers Helpline. This is a free counseling service, funded by the tobacco tax moneys. The helpline counselors are trained to help you get what you need to quit.**

**1-800-662-8887**

## Tips to quit



- **Think about past quit attempts. What worked and what didn't?**
- **Ask friends, family and coworkers to support you.**
- **Plan something enjoyable to do every day as a distraction and a reward.**
- **Avoid people and situations that will tempt you to smoke.**

If you can't quit now, there are ways to reduce smoke exposure for people with asthma:

- **Smoke outside your home**
- **Do not allow anyone else to smoke in your home. Direct them outside.**
- **Wear a smoking jacket and leave it outside. The smoking jacket will shield your clothes from the smoke.**

To avoid passive smoke

- **Ask family and friends to smoke outside**
- **Don't let anyone smoke in your car**
- **If your family members are smokers, ask them to think about quitting**