

HOW CAN I REDUCE MY CHILD'S RISK FOR EXPOSURE TO SECONDHAND SMOKE?

The most important thing you can do is not smoke. We recommend a **home and car smoking ban**. Ways to reduce smoke exposure for your child/family include the following:

- **Do not** allow smoking in your home at any time or in any room. Be consistent: no one should ever smoke in the house, even when the child is not home.
- **Do not** allow smoking in your car. Smoking in cars with children exposes them to very high levels of harmful chemicals. This is true even if all the windows are down, and regardless of the car's speed.
- Make sure your childcare providers do not smoke.
- Warn your child about the dangers of smoking and secondhand smoke.
- Avoid public places where smoking is allowed.

RESOURCES

- Every state has a free **quitline**. In Maryland, this offers live counseling available by phone 24/7, support groups, texting support, and free NRT. For more information, please visit: <http://smokingstopshere.com> or call (1-800-QUIT-NOW)- English and Spanish.
- National Cancer Institute: 1-877-44U-QUIT ([1-877-448-7848](tel:1-877-448-7848))- English and Spanish, Monday-Friday, 8 AM-11 PM EST.
- www.smokefree.gov: tools (quit plans, apps, reminders, talk to an expert) and education.
- www.cdc.gov/tobacco: tips and education.

THINKING ABOUT QUITTING SMOKING?

Your healthcare team understands how hard it is to quit smoking, and our goal is help you succeed in your goal to quit. The first step is to understand why it is important to YOU to stop smoking. Here are some things to think about:

1. Quitting smoking is one of the most important things you can do for your and your child's health. Children who are exposed to secondhand smoke have increased rates of ear and respiratory infections as well as more visits for asthma flare-ups than children who are not exposed.
2. Quitting smoking can help to keep you healthy and out of the doctor's office and hospital. It could also help you save an estimated \$2,000 per year—and that doesn't even include healthcare and insurance savings!
3. It is never too late to quit, no matter how old you are or how long you have been smoking. If you have tried to quit in the past and been unsuccessful, you can still quit and there are resources that can help you. **Do not give up!**

READY TO QUIT SMOKING?

1. Great! Set a **quit date**. After this day, you should not smoke any cigarettes- not even one. Having one cigarette can cause you to start smoking as much as you are now. Tell your friends and family about your quit date. They can be your support during the hard times you may encounter while you quit.
2. Prior to your quit date, think about how you will plan to handle cravings. Some ways to handle this are to avoid triggers (reduce coffee and alcohol, take a break from friends who smoke) and have an action plan for a craving (take a walk around the block, think about how not smoking improves your health and that of those around you). Plan some rewards for yourself to help you stay on track with quitting. After your first week of quitting, buy something nice for yourself with

the money you saved and after the first month of quitting, go out and celebrate with family and friends!

3. The active ingredient in cigarettes is called nicotine. Nicotine is the reason people are addicted. Nicotine replacement therapy (NRT) are products that replace the active ingredient in cigarettes. For most people, the best approach is to use NRT (nicotine replacement therapy).

4. Most people need to use the nicotine patch **COMBINED** with the nicotine gum or lozenge. The patch helps achieve steady state of nicotine in your body, and lozenge or gum is used as needed when cravings occur. All of these products are available over the counter and can be purchased at drug stores, Amazon, etc. Under Obama care, your insurance may cover NRT. If you have questions about the options, or about NRT or other prescription medications to help you quit smoking, please speak to your healthcare provider.