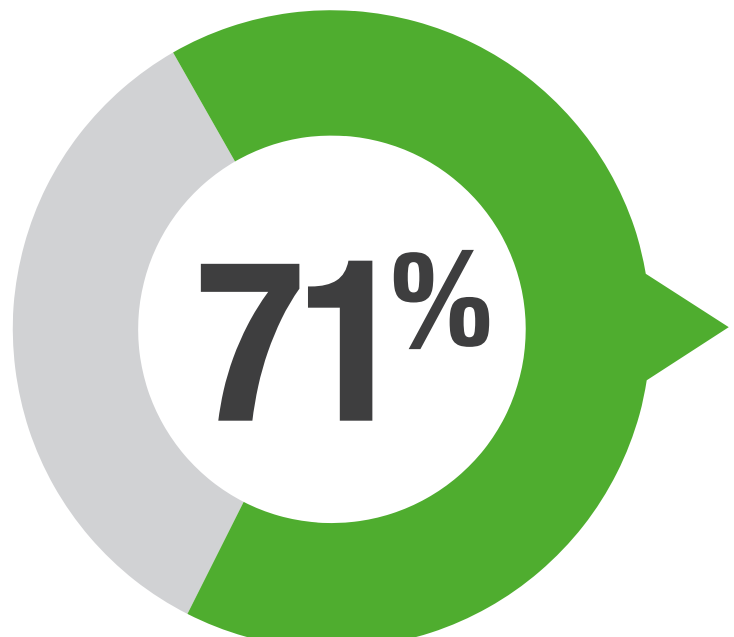


GOING SMOKE FREE IN YOUR HOME

• WHY IT MATTERS •



There is no safe level of exposure to secondhand smoke.

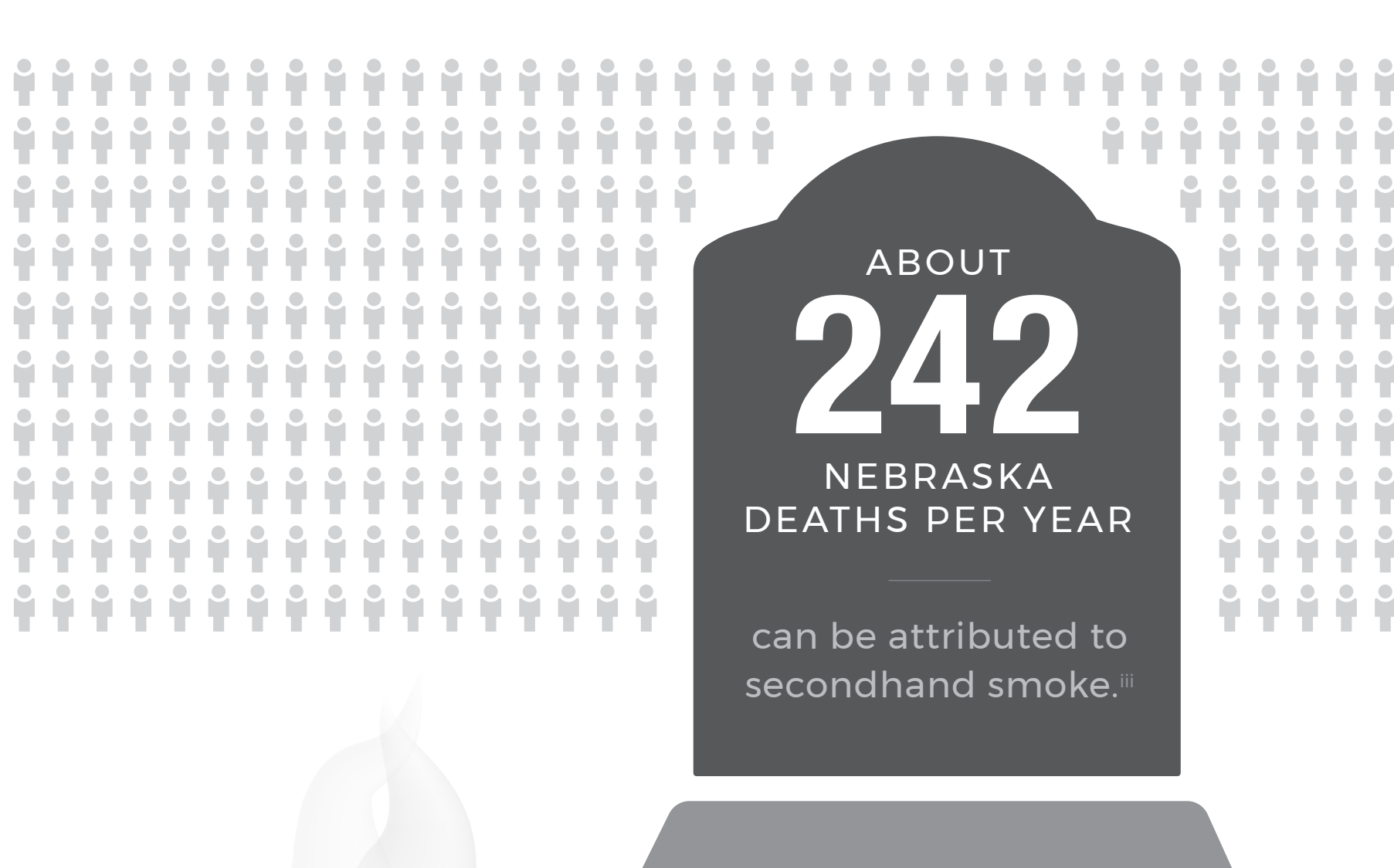


Seventy-one percent of households in Nebraska, where at least one person smokes, have a **no-smoking rule** inside the home.ⁱ

and yet...

Nearly **18,000** Nebraska children and youth under 18 are exposed to secondhand smoke in the home.ⁱⁱ

Loss of Life Due to Secondhand Smoke

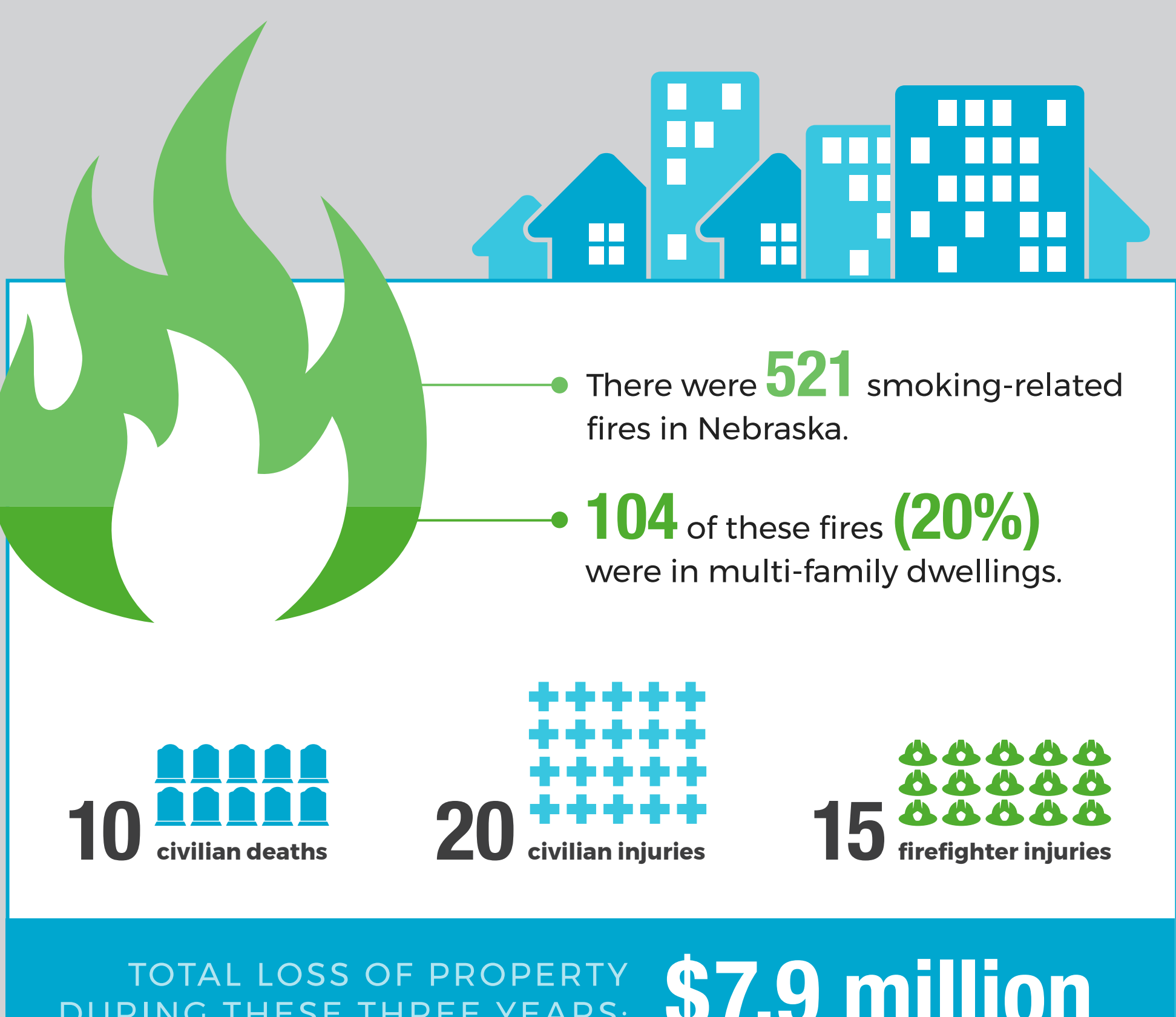


Secondhand smoke exposure among babies and children can cause:

- INCREASED RISK OF **Sudden Infant Death Syndrome (SIDS)**
- HIGHER RISK OF DEVELOPING **Ear Infections**
- MORE FREQUENT AND SEVERE **Asthma Attacks**
- RESPIRATORY INFECTIONS LIKE **Bronchitis and Pneumonia**^{iv}

Children and adults who live in multi-unit housing such as **apartments or condos** are more likely to be exposed than those living in single-family homes.^v

2013–2015 Smoking-Related Fires^{vi}



SMOKE-FREE AIR AT HOME IS:

HEALTHIER

REDUCE HEALTH RISKS



CLEANER

REDUCE SMOKE DAMAGE



SAFER

REDUCE FIRE RISK



GOING SMOKE FREE IN YOUR HOME

• MAKE IT A RULE! •



Tobacco Free Nebraska

Nebraska Department of Health & Human Services • Division of Public Health

smokefree.ne.gov

ⁱ U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 [accessed 8/20/2015].

ⁱⁱ Nebraska ATS 2015

ⁱⁱⁱ Source: Centers for Disease Control and Prevention. *Secondhand Smoke Facts*. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_d_smoke/general_facts/index.htm Accessed 1/30/2017. – Adjusted for Nebraska's population based on census data.

^{iv} U.S. Department of Health and Human Services. *The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 [accessed 8/20/2015].

^v Source: Wilson KM, Klein JD, Blumkin AK, Gottlieb M, Winickoff JP. *Tobacco Smoke Exposure in Children Who Live in Multiunit Housing*. [PDF-575 KB] *Pediatrics* 2011;127(1):85-92 [accessed 8/20/2015].

^{vi} U.S. Department of Homeland Security, National Fire Incident Reporting System. Reports created and site accessed on 1/30/2017.