

GOING SMOKE FREE IN YOUR HOME

• WHY IT MATTERS •

There is no safe level of exposure to secondhand smoke.

Loss of Life Due to Secondhand Smoke



Sixty-one percent of smokers in Nebraska have a **no-smoking rule** inside their home.ⁱ

and yet...

More than **87,728** Nebraska children ages 3-11 are exposed to secondhand smoke in the home.ⁱⁱ

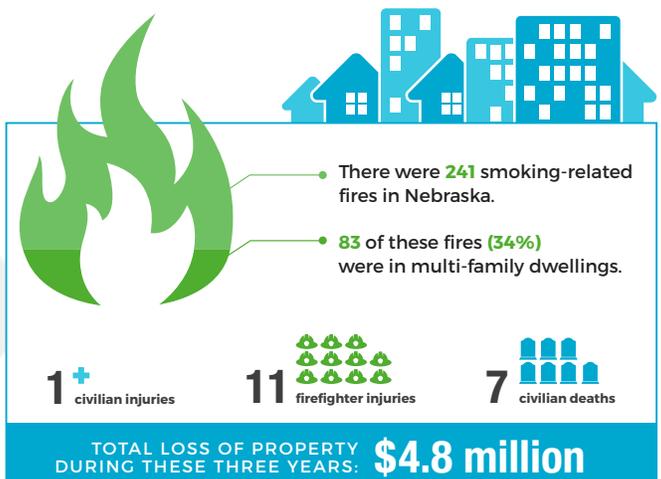


Secondhand smoke exposure among babies and children can cause:

2016-2018 Smoking-Related Fires^{vi}

- 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**^v

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



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 and Human Services • Division of Public Health

smokefree.ne.gov

UPDATED DEC. 2019

Sources

ⁱ Nebraska Adult Tobacco Survey 2018

ⁱⁱ Vital Signs: Disparities in Nonsmokers' Exposure to Secondhand Smoke –United States, 1999–2012
Weekly February 6, 2015 / 64(04);103-108

ⁱⁱⁱ 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.

^{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.

^v Centers for Disease Control and Prevention. Secondhand Smoke Facts. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm - Adjusted for Nebraska's population based on census data.

^{vi} Department of Homeland Security, National Fire Incident Reporting System. Reports created and site accessed on 12/3/2019.

