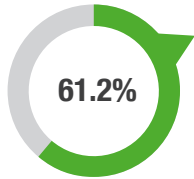


# GOING SMOKE FREE IN YOUR HOME

• WHY IT MATTERS •

There is no safe level of exposure to secondhand smoke.

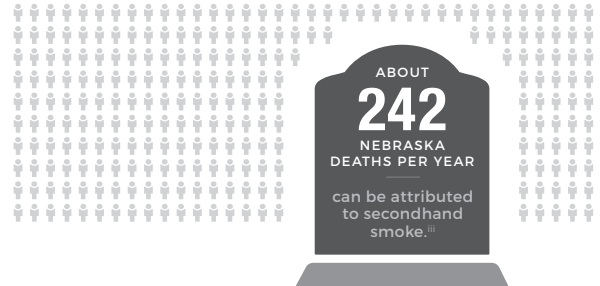
Loss of Life Due to Secondhand Smoke



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

and yet...

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



Secondhand smoke exposure among babies and children can cause:

INCREASED RISK OF **Sudden Infant Death Syndrome (SIDS)**

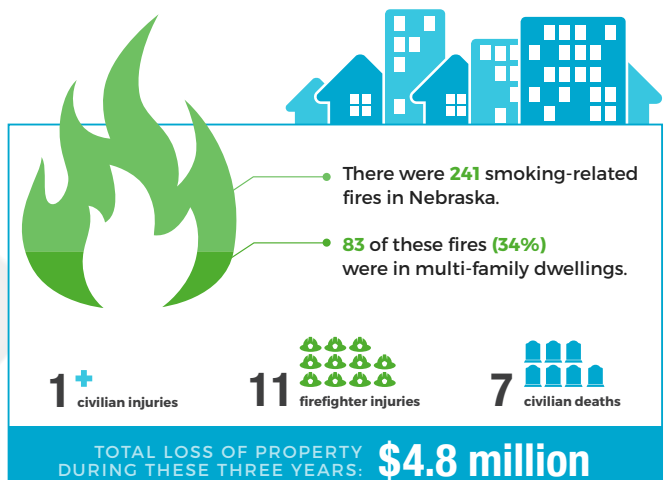
HIGHER RISK OF DEVELOPING **Ear Infections**

MORE FREQUENT AND SEVERE **Asthma Attacks**

RESPIRATORY INFECTIONS LIKE **Bronchitis and Pneumonia**<sup>iv</sup>

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.<sup>v</sup>

2016-2018 Smoking-Related Fires<sup>vi</sup>



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](http://smokefree.ne.gov)

UPDATED DEC. 2019

## Sources

<sup>i</sup> Nebraska Adult Tobacco Survey 2018

<sup>ii</sup> Vital Signs: Disparities in Nonsmokers' Exposure to Secondhand Smoke –United States, 1999–2012

Weekly February 6, 2015 / 64(04);103-108

<sup>iii</sup> 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.

<sup>iv</sup> 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.

<sup>v</sup> Centers for Disease Control and Prevention. Secondhand Smoke Facts. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/general\\_facts/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm) – Adjusted for Nebraska's population based on census data.

<sup>vi</sup> Department of Homeland Security, National Fire Incident Reporting System. Reports created and site accessed on 12/3/2019.



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