Prescriptions for Prevention

Secondhand Smoke

Did you know?

Secondhand smoke increases the risk of asthma, lung infections, ear infections, and Sudden Infant Death Syndrome (SIDS).

Action Plan

- The dangers of smoking have been known for years, but breathing in someone else's secondhand smoke is also a serious health risk. To learn more about the dangers of secondhand smoke, click this link or scan the QR code:
- To protect your children from secondhand smoke:
  - Do not allow smoking inside your home or car.
  - Choose a smoke-free childcare setting.
  - Reduce smoke drift from your neighbors by:
    - Sealing cracks or gaps in apartment floors, walls, and around pipes with caulk.
    - Putting a weather strip under and around the door.
    - Consider using an air purifier in most often occupied rooms (bedrooms, living room etc).
  - Wet dust and wet mop regularly to reduce chemical residues from the smoke.
- To learn more about how to prevent exposure to secondhand smoke in the home, click this link or scan the QR code:
- For information on what to do if your neighbor's smoke drifts into your home, click this link or scan the QR code:

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
NIEHS Grant: P2CES033428
Children's Hospital of Philadelphia

Prescriptions for Prevention

Resources

Smoke Free Philly

To explore treatment options for quitting smoking in Philadelphia, click this link or scan the QR code:

Pennsylvania Quitline

To get help quitting tobacco, call the free Pennsylvania Quitline at **1-800-QUIT-NOW** (784-8669) or click this link or scan the QR for additional resources:

Tobacco Education Resource Library

To access free resources for students, teachers, and parents to learn how to prevent smoking, click this link or scan the QR code:

EX Community

Join an online quitting community developed by Mayo Clinic. To learn more, click this link or scan the QR code:

American Lung Association

Developed by the ALA, the Not On Tobacco (NOT) Teen Smoking and Vaping Cessation Program is free, mobile, and holistic. Click this link or scan the QR code to learn more:

SmokeFree Text Service

Join the SmokeFree text service designed and run by the NIH. To learn more, click this link or scan the QR code:

For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:
215-573-9076 prcceh@pennmedicine.upenn.edu
Website: prcceh.upenn.edu

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
NIEHS Grant: P2CES033428
Children's Hospital of Philadelphia