



## Smoke Makes Asthma Worse

Keep your child's environment smoke free. This includes your home, car, daycare, and any other place your child spends time.

If anyone smokes, they should go **outside**, away from your child. Smoke particles get stuck in the couch and furniture and can make your child's asthma worse.

- Never burn candles or incense in your home
- Do not sit in smoking sections of public places
- Do not use fireplaces and kerosene heaters to heat your home
- Avoid air fresheners, perfumes, or any strong smelling sprays around your child. Your child has **sensitive lungs** so anything you can smell may bother them.

Tell others about the dangers of smoke for people with asthma. If you are ready to quit— great! Call **1-800-QUIT-NOW** for help.

Keep your child's lungs smoke-free by **never** smoking around your child at home or in the car. Use a smoking jacket when you smoke outside and remove it when you are inside.