

## WHAT IS ASTHMA?

- Asthma is a lung disease; asthma cannot be cured but it can be controlled.
- During an asthma episode (or asthma "attack") the airways in the lungs get swollen, clogged, and squeezed.
- A person who is having an asthma episode may cough, wheeze, have trouble breathing, and feel a tightness in the chest.
- An asthma trigger is something that irritates the lungs of a person who has asthma.
- Everyone has their own triggers, but some triggers, like second-hand smoke, are common to nearly all people with asthma.
- Asthma episodes happen when a trigger, like smoke, gets into the lungs of a person who has asthma.

## WHAT IS SECONDHAND SMOKE?

Smoke from the burning end of a:

- Cigarette
- Cigar
- Pipe
- Bidi or kretek
- Marijuana cigarette
- Smoke that is exhaled *and*
- Smoke from burning candles or incense

## WHAT DOES SECONDHAND SMOKE DO TO CHILDREN?

Secondhand smoke is one of the main triggers that causes coughing, asthma episodes, and contributes to problems like:

- bronchitis
- pneumonia
- chest colds
- ear infections
- breathing difficulty
- reduced lung function

## If you smoke, here's what you can do to **PROTECT** your family from the dangers of **secondhand smoke**:

1. Don't smoke when you hold, bathe, feed, play with, or ride in the car with your child.

When you can do that, then try this



2. Smoke only in one room of your home. Make sure this room is off-limits to your child and never smoke where your child sleeps.

When you can do that, then try this



3. Only smoke outside of your home.

When you can do that, then try this



4. Smoke only when you are away from your home and your child.

Congratulations! These steps will help your child breathe easier. Now, help yourself and...

5. Stop smoking completely!

MAKE A PROMISE TO  
CREATE A SMOKE-FREE  
ENVIRONMENT

To learn more about quitting, call the New York Smokers' Quitline at 311

To learn more about asthma, call 311

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[nyc.gov/health/asthma](http://nyc.gov/health/asthma)

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