

Secondhand Smoke and Newborns



When you protect your baby from secondhand smoke you:

- **Decrease their risk of SIDS (Sudden Infant Death Syndrome)**
- **Decrease their risk of asthma**
- **Decrease their risk of colds, coughing, and trouble breathing**
- **Decrease their risk of bronchitis, pneumonia and croup**
- **Decrease their risk of ear infections**

What can you do to help protect your newborn?

- **Quit smoking**
 - **This is the best thing you can do to protect your baby**
 - **Talk to your doctor or nurse about developing a quit plan**
- **Smoke outside the house and car**
 - **Smoke can cling to carpets and furniture and can be breathed in by your baby.**
- **Wear a shirt or jacket while smoking that can be removed before holding your baby**
- **Wash your hands after smoking**
- **Do not allow others to smoke near your baby**



For more information:

www.QuitlineNC.com 1-800-QUIT-NOW

www.YouQuitTwoQuit.com

Approved by NC Women's Hospital Patient Education Steering Committee, August 27th, 2012