

Tobacco: Smokefree mothers and babies

One of the most important things a mother can do for her baby's health is to quit smoking.

Breathing secondhand smoke can be dangerous to a baby's health.

- Secondhand smoke can cause Sudden Infant Death Syndrome (SIDS), asthma, bronchitis and ear infections.

Thirdhand smoke:

- The invisible mix of smoke residue that clings to hair, clothing, cushions, and carpeting, even after secondhand smoke has cleared away, is also dangerous for young children.

Keep your home smoke free.
Protect your child's health.

- Quit smoking as soon as possible.
- If you have to smoke, take it outside, staying away from doors and windows.
- Don't smoke in the car.
- Ask friends and family members not to smoke in your home or around your children.
- Wash your hands and change clothes after smoking, especially before holding babies.

For more information

The Oregon Tobacco Quit Line offers free information about quitting, including one-on-one telephone counseling, Web-based coaching, free nicotine replacement therapy (patch or gum), and referrals for more help.

- Call 1-800-QUIT-NOW (1-800-784-8669) or for Spanish, call 1-877-2NO-FUME (1-877-266-3863) to get started;
- Or visit www.quitnow.net/oregon.

The American Lung Association's Freedom From Smoking Program is for adults who are ready to quit smoking and focuses on how to quit, not why to quit:

- Find a local program at www.lungoregon.org/quit;
- Sign up online at www.ffsonline.org.

The American Legacy Foundation's Become an Ex Program is a free quit-smoking program that helps adults re-learn life without cigarettes.

- Sign up online at www.becomeanex.org.