



Secondhand Smoke and Asthma

What Is Secondhand Smoke?

Secondhand smoke is the smoke given off by a burning cigarette, cigar, or pipe, or the smoke exhaled from a smoker.

Tobacco smoke that you breathe in from your own cigarette or from others is harmful to your health. When you have asthma, it can be even worse. More than 4,000 chemicals have been found in cigarette smoke. Many of those chemicals cause cancer. Some of those chemicals are harmful to growing children and unborn babies.



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- There is no safe amount of secondhand smoke.
- Home is where the most exposure to secondhand smoke occurs.
- Secondhand smoke may cause children to develop asthma.
- Children who breathe secondhand smoke can have more frequent and more severe asthma attacks and get sick more often with cough, breathing problems, and ear infections.
- In adults, secondhand smoke can cause attacks of angina (heart pain), irregular heartbeats, and symptoms of asthma.

What Can You Do?



- If you smoke, try to quit. This may take more than one try. To get help to quit, call the Michigan Tobacco Quitline at 1-800-480-7848, or make an appointment with your primary care provider to discuss your options.
- Do not smoke in your car or home. Do not allow others to do so. Keeping a smoke-free home can also help smokers quit and reduce the risk of teens becoming smokers.
- Avoid smoke-filled areas.
- Teach young children that smoking and secondhand smoke are bad for their health.



If you have questions or want to learn more about asthma, please call Pam at the Upper Peninsula Health Plan at 1-888-904-7526 Ext. 7504.