

# How Smoking/Vaping Affects Children

## Setting an example

Smoking/vaping in the home affects future generations: **children who see their parents smoke/vape are twice as likely to smoke/vape when they are adults.**

## Cigarettes & Child Health

- Breathing problems (wheezing and coughing)
- Frequent and severe asthma attacks, which can put the child's life in danger
- Get sick more often with colds, bronchitis or pneumonia
- Stuffy nose, headache, sore throat, eye irritation, and hoarseness
- Ear infections
- Sudden Infant Death Syndrome (SIDS)
- Learning disabilities

## Did you know?

**Even after a person who smokes/vapes finishes a cigarette/e-cigarette, the chemicals remain on their hands and clothes, as well as in the air and on surfaces, such as the carpet, flooring, and curtains.**

Children crawl and play on these surfaces and put toys into their mouth, exposing them to the chemicals from the tobacco smoke or e-cigarette vapor.