



# Making a Plan to Keep Your Child Healthy

## Encourage Others

Help others quit smoking/vaping, if they are ready. Although quitting is a personal choice, you may be able to help them quit by offering support and encouragement.

## How Are Children Exposed to Secondhand or Thirdhand Smoke/Vapor?

**Children can be exposed to secondhand smoke or vapor from e-cigarettes:**

- In your home or car
- In public places
- At a caregiver or relative's house
- In parks or playgrounds
- Near entrances to stores and restaurants

**Infants and children can be exposed to thirdhand smoke/vapor when:**

- They crawl and play on contaminated floors and furniture
- They touch, hold, and chew on items covered with thirdhand smoke residue
- Being held by adults whose clothing, hair and skin is contaminated by thirdhand smoke/vapor chemicals

## Preventing Exposure

- Don't allow smoking/vaping in your home or vehicle.
- Keep your child away from areas where people are smoking/vaping.
- Ask neighbors to be smoke/vape free if you live in an apartment.
- Clean any surfaces that children come in to contact with, which may have been exposed to smoke/vapor.