



Secondhand Smoke

Did you know?

Secondhand smoke increases the risk of asthma, lung infections, ear infections, and Sudden Infant Death Syndrome (SIDS).

Action Plan

- ☐ Do not allow smoking inside your home and car.
 - If you are not able to leave your home to smoke, try using nicotine patches, gums, or lozenges.
 - Reach out to local organizations for help to quit smoking. It takes most people about seven tries to quit.
- ☐ Choose a smoke-free childcare setting.
- ☐ Reduce smoke drift from your neighbors:
 - Seal cracks or gaps in apartment floors, walls, and around pipes with silicone.
 - Put a weather strip under and around the door.
 - Improve airflow by opening windows.
 - Wet dust and wet mop regularly to reduce dust in your home. This might also help to reduce chemicals left over from smoke.

Resources

To speak to a free quit coach, visit [NJquitline.org](https://www.njquitline.org) or call NJ-STOPS. You may qualify for free nicotine patches.

1-866-

[more](#) →

Essex County Quit Center, call 833-795-7848 or quitcenter@rwjbh.org. As part of their program, you may qualify for nicotine patches and other nicotine replacement.

For families with children 8 years old and younger, visit momsquit.com or text “Quit4Kids” to 53016 for a free texting program.

If your neighbor’s smoke drifts into your home, visit lung.org and search “Secondhand Smoke Apartment.”

New Jersey smoke-free housing directory: tobaccofreenj.com
(search “find smoke free housing”)

For more information, visit
icahn.mssm.edu/research/pehsu/information