



What you need to know about...

Tobacco Smoke and Asthma

Tobacco smoke of any kind can trigger an asthma episode. People with asthma are also sensitive to other smoke from things like candles, smoke from wood burning fires and incense.

To keep you or your child protected you need to do the following:

- Never allow anyone to smoke in your home or car.
- The person with asthma should never smoke.
- Don't have candles burning in your home.
- Do not use wood burning stoves or fireplaces.
- Use an exhaust fan above the stove to remove cooking odors. If you don't have an exhaust fan open a window while cooking.

If you are around people who smoke here are some tips to ask people not to smoke.

- Explain to them that smoke triggers asthma. Most people are not aware of that.
- Ask them to smoke outside.

Secondhand Smoke

Secondhand smoke is the smoke that comes from the end of a cigarette, pipe cigar or pipe and the smoke exhaled by smokers. Secondhand smoke is a very common cause of asthma attacks. It is very important that you keep a smoke free home if someone in your home has asthma.

To keep you or your child protected you need to do the following:

- Choose not to smoke in your home and do not allow anyone else to smoke.
- Never smoke near a person with asthma. Smoking in another room does not offer protection. Smoke floats throughout the entire home and can be circulated through the heating or air conditioning system.
- If you must smoke make sure to smoke outdoors and ask all guests to do the same.

Some tips for you if you do smoke and are interested in quitting:

- Write down the reasons why you want to quit.
- Set a quit date and take time to plan your strategy.
- Talk to your healthcare provider about medications that might help you in your effort to quit.
- Create a quit plan.
- Set short term and long term goals, and reward yourself for not smoking.
- Look for a smoking cessation class in your neighborhood, call the Illinois Tobacco QuitLine or find an online resource such as www.quitnet.com to help you in your efforts to quit.