

PARENT HEALTH BULLETIN



Pinellas County Health Department

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Is your child's life going up in smoke?

Studies done by the Centers for Disease Control and Prevention indicate that 9 million American children under age 5 live in homes with at least one smoker, which means they are exposed to secondhand smoke almost the whole day, everyday! These kids are not just at higher risk for eventually becoming smokers, but they are also much more likely to have immediate health problems like asthma, lung infections, bronchitis, and pneumonia. Not only that, but if you smoke during your pregnancy, your child is very likely to be born with more serious health problems!

Secondhand Smoke affects your child!

- ◆ It exposes your child to tar, nicotine, cyanide, arsenic, methane, carbon monoxide and other cancer-causing chemicals.
- ◆ It increases the risk of SIDS (sudden infant death syndrome). Babies whose parents smoke are seven times more likely to die from SIDS.
- ◆ It can increase your child's risk of pneumonia, bronchitis, lung infections, asthma attacks, allergies, colds and ear infections.
- ◆ Even inhaling secondhand smoke while pregnant can be harmful because your child inhales everything that you do.

FREE SMOKING CESSATION CLASSES!

The Pinellas County Health Department offers a FREE series of classes to help smokers quit.

Each session is 1 1/2 hours long and is held once a week for three weeks. They are currently being held at the Largo Health Department

PLEASE call 820-4114 to sign up and for date/times

For more information visit www.pinellaswellness.com

DID YOU KNOW...

- Nicotine has been found in the breast milk of nursing mothers?
- Smoke-filled rooms can have up to 6 times the pollution of a crowded highway?
- Smoke from the burning end of cigarette has more toxins than smoke inhaled by the smoker?

Please do not put your child at risk of illness. Do not smoke around him.

Back to School Health Fairs

FREE CHILDHOOD IMMUNIZATIONS

Free Medical Exams
Free Vision Screenings
Free School Supplies

July 17th at the Long Center (North county)
9:00AM

July 24th at John Hopkins Middle School (South county) 9:00AM
Bring your child along with shot record

SMOKE FREE- The Way to Be!!

Tips on how to keep smoke away from your child

- ⊗ **Do not allow smoking in the car**– Smoking in small, enclosed places makes secondhand smoke even more dangerous.
- ⊗ **Help ensure your child's school and/or child care are smoke-free**– Remember that children are at school around 6-8 hours a day. This location must be safe for them as well.
- ⊗ **Take it outside**– Set a no-smoking rule for your home. You can also ask other adults who live with you to smoke outside.
- ⊗ **Try to quit**– It's better for your health too! Encourage other family members in your household to quit with you.
- ⊗ **Stay out of places where people smoke**– Thanks to Florida law, restaurants have restrictions on smoking inside the building, but safeguard your kids against smoke at outside functions too.

ASK A HEALTH PROFESSIONAL

A friend told me that you can smoke until your second trimester. Is that true?

NO! Your baby eats, drinks, and inhales everything that you do from the moment of conception to the minute of birth. Safe inside your uterus, your unborn baby is growing and changing everyday. The first trimester is the time when critical organs and body systems start to form and it is important that you give your baby the best, including healthy nutrition and fresh air with no toxic substances. Smokers' babies are often born too soon, too small, are at higher risk of dying from SIDS (sudden infant death syndrome), and are more likely to be miscarried or stillborn.

GIVE YOUR BABY A HEALTHY START- DON'T SMOKE!



If you have a question for a health professional, please contact:

Pinellas County Health Department
Office of Chronic Disease Prevention
205 Dr. Martin Luther King St. N.
St. Petersburg, FL 33701
(727) 820-4113

For more information about tobacco, health fairs and smoking cessation visit these websites:

www.cdc.gov

www.pinellaswellness.com

www.amhrt.org

www.lungusa.org

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