

Third-hand smoke is a toxic film left behind after a cigarette is put out. This means dangerous toxins are left in your hair, car, furniture, carpet, and clothing.

**Want help to quit smoking?**

**The help is free.**

**The patch is free.**

**The call is free.**

**Call 1-800-QUIT NOW**

**1-800-784-8669**

**[www.QuitNowNM.com](http://www.QuitNowNM.com)**

**SECONDHAND  
SMOKE  
AND  
ASTHMA**

I get scared and can't breathe when your smoke gives me an asthma attack!



**Secondhand smoke can trigger asthma attacks.**



**NEW MEXICO  
DEPARTMENT OF  
HEALTH**

## *Tobacco Smoke Can Trigger an Asthma Attack*

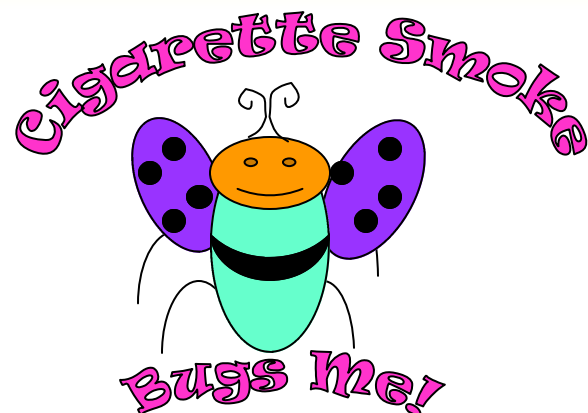
- ★ If you don't smoke but others around you do, you run a high risk of an asthma attack.
- ★ If you have asthma, just the smell of tobacco smoke left in clothing and indoor furnishings can trigger an asthma attack.
- ★ If you have asthma, smoking is especially risky because of the damage it does to the lungs.
- ★ If you smoke and have asthma, smoking can undo the effect of any controller medicine you're taking. You may end up having to take more medicine.

## **How To Protect Yourself and Your Children**

- 🚫 Do not smoke or allow smoking around your children.
- 🚫 Post "No Smoking" signs in your vehicle and home.
- 🚫 If you are a smoker, quit.  
Call 1-800-QUIT NOW
- 🚫 Avoid areas where your children may be exposed to secondhand or third-hand smoke.
- 🚫 Avoid putting your children in the homes and cars of smokers.

**103,000  
New Mexico kids  
are exposed to  
secondhand  
smoke at home.**

Source: Campaign for Tobacco Free Kids



### *Tips on How to Politely Ask Someone Not to Smoke Around You*

- ★ Excuse me, but I am sensitive to smoke. Would you please move to another area to smoke?
- ★ I have asthma and cannot be around smoke. Would you please not smoke here?
- ★ Excuse me, but could you please not smoke right here? I have children with me.
- ★ I'm sorry to bother you, but would you please put your cigarette out? It will help me to breathe easier and I would be very grateful.