

EVEN A LITTLE SMOKE IS TOO MUCH



Tobacco smoke has more than 7,000 chemicals and over 70 of them are known to cause cancer. Marijuana smoke contains many of the same harmful chemicals. Those exposed to second-hand marijuana smoke can even have detectable levels of THC in their systems.

There are more than 250 harmful chemicals known to cause cancer in third-hand tobacco, marijuana and e-cigarette vapor smoke that cling to surrounding surfaces like walls, furniture, clothing, hair, and even your pets.

Unlike adults, children and infants can't remove themselves from environments where smoking occurs, making them especially vulnerable to the dangers of second and third hand smoke.

CHILDREN AND INFANTS WHO ARE EXPOSED TO SECOND AND THIRD-HAND SMOKE ARE MORE LIKELY TO DEVELOP:



ASTHMA



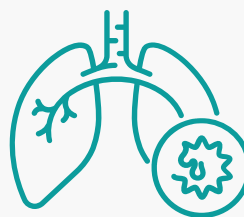
ALLERGIES



EYE INFECTIONS



COLDS



BRONCHITIS OR PNEUMONIA



EAR INFECTIONS



COUGHING OR WHEEZING



SORE THROATS

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GO SMOKE-FREE AROUND OTHERS



- **Establish Smoke-Free and Vape-Free Zones:** Prohibit smoking and vaping inside your home and car.
- **Be Firm and Polite:** If someone wants to smoke or vape near your child, kindly ask them to do so elsewhere. Explain the health risks involved if you feel comfortable.
- **Offer Alternatives:** Provide smokers or vapers with chewing gum or mints as substitutes.
- **Inform Caregivers:** Ensure that family members, friends, and babysitters do not smoke or vape around your children.
- **Educate Your Children:** Teach them about the dangers of secondhand and thirdhand smoke and vapor, and encourage them to avoid exposure.
- **Clean Regularly:** Wash clothing, bedding, and surfaces to reduce thirdhand smoke and vapor residues.

DID YOU KNOW?

- **Kansas Indoor Clean Air Act:** Prohibits smoking in most indoor places and workspaces, including restaurants, bars, and within 10 feet of entrances.
- **Kansas Admin Transportation Regulation 28-4-130:** Smoking is prohibited in vehicles while transporting children.

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