

Secondhand Smoke and Cystic Fibrosis (CF)

Secondhand smoke is what you breathe in when you are around a smoker. It's the smoke from the burning end of a cigarette, vape pen, cigar, pipe, or a smoker's mouth. Smoke has many poisons and irritants. It hurts everyone, but it hurts babies and young children more. This is because they breathe faster, so they're breathing in even more poisons than adults. Children can't leave a room when the air is smoky. They depend on us to make sure they have clean air. **Secondhand smoke is very dangerous for children with CF.**

What Is Secondhand Smoke

- There is no safe level of secondhand smoke.
- Secondhand smoke contains:
 - Carcinogens – These are chemicals that cause cancer. Secondhand smoke contains at least 69 carcinogens.
 - Airborne irritants – These make the nose and lungs sore and raw.
 - Carbon monoxide – This is a poison gas.
 - Oxidants – These hurt the heart and blood vessels.

Problems With Secondhand Smoke and CF

- Secondhand smoke can make it hard for children to grow by decreasing the energy their bodies need to grow.
- It can reduce lung function and make breathing harder.
- It can make them have more lung and sinus bacterial infections.
- Children who live with secondhand smoke need more visits to the emergency department and admissions to the hospital due to breathing problems.

What You Can Do

- **Stop smoking. It's never too late to quit smoking.**
- Ask your doctor or health care provider for help.
- Call the Ohio Tobacco Quit Line at 1 (800) QUITNOW (784-8669).
- Text for help to quit smoking. Text the word "QUIT" (7848) to "IQUIT" (47848) to get special quit-smoking advice by text message.
- Do not let anyone smoke in your home. Smoke stays in the carpets, furniture, curtains, and clothing. It can keep hurting your child. This is called thirdhand smoke.
- If people do smoke, ask them to do it outside.
- Never smoke in the car with your baby or child.
- Do not go to homes, restaurants, or other places where people smoke.
- If other people care for your baby, make sure they do not smoke.