

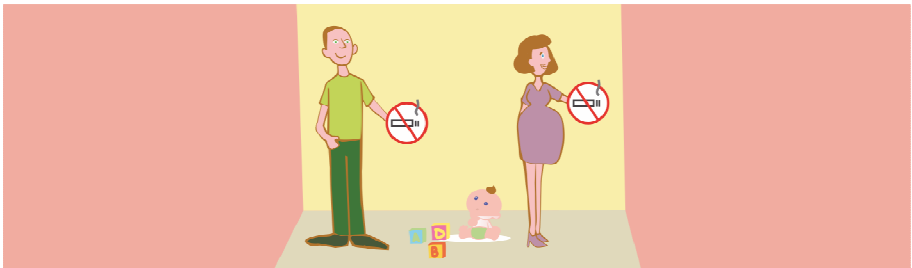
# Protecting children from exposure to smoking



Passive smoking is the involuntary breathing in of cigarette smoke (e.g. in an enclosed space such as in the home, bedroom or car).

Even the smallest amount of passive smoke is dangerous to your health because it contains many toxic substances.

The younger the child, the more harmful tobacco smoke is for them. Their lungs are still developing, and because they breathe at a faster rate than adults, they absorb more toxic substances.



## What risks are there for the unborn child?

When the mother smokes or is exposed to passive smoke, there is:

- An increased risk of miscarriage, premature birth, and babies with lower-than-average birth weight and length
- A higher risk of malformations



## What are the risks of passive smoking for young children?

- Passive smoking is one of the main contributing factors to sudden infant death syndrome (SIDS)
- It increases the risk of developing bronchiolitis, asthma attacks, pneumonia, bronchitis, ear infections and other lung diseases
- Children exposed to passive smoking are more likely to become smokers as adults
- It irritates the eyes, nose and throat

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## Smoking and breastfeeding

Smoking affects milk production and reduces the duration of breastfeeding. In addition, nicotine and other toxic substances present in smoke pass rapidly into breast milk.

It would be best for breastfeeding mothers to stop smoking. However, if this isn't possible, then breastfeeding is still recommended because of the health benefits for the child. In this case, mothers should only smoke after feeding their babies so that the nicotine level in the milk has the chance to decrease before the next feeding.

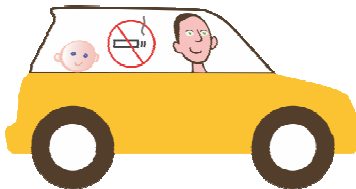
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## Recommendations

A completely smoke-free environment is the only effective way to protect those around you from the harmful effects of passive smoking.

All other solutions are ineffective (smoking under the kitchen extractor fan, smoking indoors with the window open, etc.).

Smokers should thoroughly wash their hands before touching the child.



### Important

- Do not smoke around children
- Smoke outside your house/apartment with the windows and doors closed
- Refrain from smoking in the car
- Refrain from smoking during pregnancy
- Refrain from smoking while breastfeeding. If it is not possible to stop, smoke only after feeding your baby
- Wash your hands after smoking

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## If you want to stop smoking

You can contact your doctor, Unisanté or the Ligue pulmonaire vaudoise (LPV) – the local pulmonary league.

[www.unisante.ch/tabagisme](http://www.unisante.ch/tabagisme)

[www.unisanté.ch](http://www.unisanté.ch)

[www.liguepulmonaire.ch/fr/ligue-pulmonaire-vaudoise](http://www.liguepulmonaire.ch/fr/ligue-pulmonaire-vaudoise)

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Programme cantonal de promotion de la santé et de prévention primaire enfants (0-4 ans) - parents



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