



IMPACT



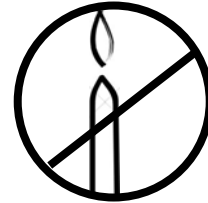
Improving Pediatric Asthma Care in the District of Columbia

SMOKE MAKES ASTHMA WORSE



- ❑ Keep your child's environment smoke free! This includes your home, car, daycare, and any other place your child spends time.
- ❑ If anyone smokes they should go **outside**, away from your child. Smoke particles get stuck in the couch and furniture and make your child's asthma worse.

- ❑ Never burn candles or incense in your home.



- ❑ Do not sit in smoking sections of public places.

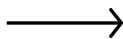
- ❑ Do not use fireplaces and kerosene heaters to heat your home.

- ❑ Avoid air fresheners, perfumes, or any strong smelling sprays around your child. Your child has **sensitive lungs** so anything you can smell may bother them.



- ❑ Tell others about the dangers of smoke for people with asthma.

DO YOU SMOKE?



- If you are ready to QUIT – Great!
Call **1-800-QUIT-NOW** for help.
- Keep your child's lungs smoke-free by **never** smoking around your child at home or in the car.
- Use a smoking jacket when you smoke **OUTSIDE**, and remove it when you are inside.

Every area around your child should be smoke free!

For more information visit us: www.impact-dc.org

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