



Someone else getting
your **second wind?**



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If you smoke, you're not the only one exposed to the associated health risks.

In fact, studies show that about 43 percent of American children ages 2–11 are exposed to second-hand, or passive, smoke at home.* Children, especially infants, of parents who smoke are more likely to develop illnesses, such as bronchitis, pneumonia and asthma. And, parents who smoke also are more likely to cough and spread germs to their children. In addition, exposure to tobacco smoke increases the risk of heart disease.

Next time you get the urge to smoke, pass on it—so you won't pass on second-hand smoke.

*Source: American Heart Association