

## Tobacco Use

### Types of smoke and the risks:

**First-hand smoke:** Smoke directly inhaled by the smoker

- Up to 4 times higher risk of stroke or heart disease
- 15 to 30 times higher risk for lung cancer



**Second-hand smoke:** Smoke inhaled involuntarily from the use of others

- Cancer-causing toxins can be found in the blood of non-smokers, even after little exposure to second-hand smoke
- Children exposed to second-hand smoke are at a higher risk of upper respiratory and ear infections

**Third-hand smoke:** Smoke deposits left on clothing, skin and surfaces

- The young brain may be hurt by even very low levels of toxins
- Children are at risk because they often put their hands in their mouth after touching affected areas



### Helpful Tips:

- Decide on something different to do when you want to smoke, like chewing gum
- Make a pledge to quit, and tell your family
- Talk with your doctor about a plan to quit
- Track progress, like making a “days smoke-free” calendar
- Make a list of triggers and a plan for staying away from them
- Sign up for reminder texts about why you want to quit at:  
**[www.smokefree.gov/tools-tips/text-programs](http://www.smokefree.gov/tools-tips/text-programs)**

**Don't let tobacco hurt your family. Any smoke has risks.  
To quit smoking, please talk to your or your child's doctor or nurse.**

## Helpful Resources

### Quit Now Virginia

- Offers free and convenient resources to those who are ready to quit using tobacco or vaping
- Call **1-800-QUIT-NOW (1-800-784-8669)** or visit [www.vdh.virginia.gov/tobacco-free-living/quit-now-virginia](http://www.vdh.virginia.gov/tobacco-free-living/quit-now-virginia) for more info

### Bridge2ResourcesVA | [www.bridge2resourcesva.org](http://www.bridge2resourcesva.org)

- Visit the website to find info on community resources
- Resource from the Virginia Chapter of the American Academy of Pediatrics

### Smoking Quitline

- Call **1-877-44U-QUIT (1-877-448-7848)** for help in English and Spanish, Monday – Friday, 9am to 9pm EST

### Freedom from Smoking | [www.freedomfromsmoking.org](http://www.freedomfromsmoking.org)

- Tools, tips and resources to quit smoking
- Call **1-800-LUNGUSA (1-800-586-4872)** for help in English and Spanish

