

**INFO-PARENTS**

Information on Asthma  
for families and public



To Breathe's information for Parents and Public

PDF document from INFOPARENTS

[www.respirar.org/eng/infoparents](http://www.respirar.org/eng/infoparents)

This Information only can be used under the terms you can find at  
[www.respirar.org/en/infoparents/disclaimer.htm](http://www.respirar.org/en/infoparents/disclaimer.htm)

# Tobacco and Asthma

---

Nov 2002

## Why smoking is bad

- If you smoke it is easier that your child will smoke, too, when he/she grows up
- It is bad for your health
- It is bad for your child because:
  - children of mothers who smoked during their pregnancy have asthma at an earlier age (first year of life)
  - children whose main caregiver ( the person who spends more time with him/her) smokes have more asthma and earlier than children without smokers at home.
  - Tobacco can make an asthma attack last longer

## Some simple strategies to quit tobacco or to smoke less

If you have a child with asthma, you are a smoker, and you want to quit tobacco, the best thing for you is to ask for help...

- first, people around you (they do not smoke close to you, they do not offer you tobacco...)

- second, health professionals. There are a lot of help possibilities: support groups, medical treatments, psychological treatments..

If you have tried it again and again and you are not able to quit it, then remember...

- When you smoke one cigarette, smog and tobacco particles remain in the environment during a lot of hours.
- The most important thing: Never smoke at home. .Smoke all tobacco you want in the street (where it is permitted).
- If you have guests at home, and they smoke, use one room for smoke and preserve the rest of your home free of tobacco.