

Asthma & Smoking

Smoking or vaping around kids with asthma



What parents should know

The smoke from burning tobacco products (cigarettes, cigars, pipes) and the smoke breathed out by smokers is called secondhand smoke.



Being around secondhand smoke can trigger asthma flare-ups in children.



Breathing in secondhand vapors from e-cigarettes (vapes) can also make their asthma worse.



Even smoke that sticks to things like clothes, furniture, floors, and the inside of cars can cause problems for a child with asthma.



When a child has an asthma flare-up, they can't breathe. This could lead to serious injury and even death.



Protect children by keeping your home and cars smoke-free and vape-free. Take the Smoke-Free Homes pledge at breatheasymaine.org.



Quitting smoking or vaping is one of the most important things you can do for your health and those around you. For more tools and support to help you quit, call Maine QuitLink at 1-800-QUIT-NOW or visit mainequitlink.com.

Find out more at
maine.gov/dhhs/asthma

