

吸烟与您的宝宝

Smoking and Your Baby

Secondhand smoke is the smoke from the burning end of a cigarette, pipe or cigar, and the smoke exhaled by the smoker. Secondhand smoke exposes your baby to toxic chemicals that can cause serious health problems. In fact, babies exposed to this smoke are more likely to die before their first birthdays.

Give your baby a healthy start by quitting smoking and not letting others smoke around you or your baby.

- Set rules for people who smoke to always go outside.
- Never allow smoking in the car, even when the window is open.
- Do not spend time in places or homes that allow smoking.
- Find smoke-free places to eat when you go out.
- Smoke that lingers on clothing can also be a hazard for babies. Have anyone who will hold the baby change their shirt if it smells like smoke or place a blanket over their clothing.

How it helps your baby

Babies who live in smoke-free homes often have:

- Fewer coughs and chest colds.
- Lower chances of getting bronchitis or pneumonia.
- Fewer ear infections.
- Have asthma attacks less often and less severe, if they have asthma.
- Lower chances of dying from SIDS.

二手烟是指从香烟、烟斗或雪茄的燃烧端散发的烟雾以及由吸烟者呼出的烟雾。二手烟会让您的宝宝暴露于可能导致严重健康问题的有毒化学物质中。事实上，暴露于二手烟中的宝宝更可能在其满一岁之前死亡。

戒烟并阻止其他人在您或宝宝身边吸烟，为您的宝宝开启健康之旅。

- 制定规则，让吸烟者始终在室外吸烟。
- 绝不允许车内吸烟（即使打开车窗）。
- 切勿在允许吸烟的地方或家中停留。
- 外出就餐时，应选择无烟场所。
- 留在衣服上的烟雾也可能对宝宝造成危害。如果身上有烟味的人要抱宝宝，让他们更换衣服或在他们身上搭一条毯子。

无烟环境对您的宝宝有什么好处

通常，生活在无烟家庭中的宝宝：

- 更少出现咳嗽和急性支气管炎。
- 患支气管炎或肺炎的可能性降低。
- 耳部感染的发生率降低。
- 如果患有哮喘，则哮喘发作的频率和严重程度降低。
- 死于婴儿猝死综合征（SIDS）的可能性降低。

If you smoke, make a plan to quit

Smoking is dangerous to your health. Quitting will reduce your risk of dying from heart disease, blood vessel disease, lung problems, cancer and stroke.

Talk to your doctor about quitting. Ask about classes and support groups in your area. Also ask about medicines and other aids to help you quit.

Get support and encouragement from family and friends. Ask for advice on new ways to relax and deal with stress.

Before you try to stop smoking, commit to stopping. Smoking is a learned behavior that you must unlearn. It is not easy to stop, but it can be done if you are serious about quitting. Stopping will help you live a healthier and longer life. There is also less risk your children will smoke someday.

如果您吸烟，请制定戒烟计划

吸烟对您的健康有害。戒烟将降低您死于心脏病、血管疾病、肺部疾病、癌症和卒中的风险。

请与您的医生讨论如何戒烟。咨询与您所在地区的相关课程和互助小组相关的信息。同时咨询与有助于您戒烟的药物和其他辅助工具相关的信息。

获得家人和朋友的支持和鼓励。寻求与新的放松和减压方法相关的建议。

在您尝试戒烟之前，请坚定戒烟的决心。吸烟是一种习得的行为，您必须改掉它。戒烟并不容易，但如您下定决心采取行动，便可成功戒烟。戒烟有助于您活得更健康、更长寿。您的孩子将来吸烟的风险也会降低。