

# Secondhand Smoke and Pregnancy

Secondhand smoke or environmental tobacco smoke (ETS), is the smoke created by a burning cigarette.

If you have ever been near someone and smelled the smoke from their cigarette you have inhaled secondhand smoke.



If you are pregnant, your unborn baby can also be harmed by people smoking around you.

Secondhand smoke contains over 4,000 chemicals, 43 of which are known to cause cancer.

**Being around secondhand smoke when you are pregnant can increase the risk of having:**

- *Low birth-weight baby*
- *Problems during pregnancy and delivery*
- *Miscarriage*
- *Still-birth*
- *A baby that suffers from Sudden Infant Death Syndrome (SIDS)*



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## Secondhand smoke ...

- ... Damages children's developing organs. Exposure to secondhand smoke may cause the child's organs not to work as well.
- ... Can make your child's asthma worse.
- ... Can cause children to have more colds, sore throats, coughing, and wheezing.
- ... Increases a child's chance of having bronchitis and pneumonia.
- ... Can cause ear infections, the most common cause of children's hearing loss.
- ... Can cause infant developmental and learning problems.
- ... Can cause long-term behavior problems in children.

Research shows that children of smoking parents are more likely to smoke and be heavier smokers at young ages, even if the parents smoke outside the house.



**wtpn**  
Women's Tobacco Prevention Network