

# PROTECT YOUR CHILDREN

from harmful toxins in  
cigarette smoke  
& strong scents



be  
100%  
SMOKE-FREE  
SCENT-FREE

what does 100%  
smoke-free &  
scent-free mean?

*why all the fuss?*

- Employees at child care centers may not report to work smelling of smoke or strong scents used to mask smoke.
- No smoking is allowed on child care center property and there are no designated smoking areas.
- Employees may not leave the property or go to their vehicles during breaks to smoke.
- Thirdhand smoke can be on the seats of a car, or on the clothes, skin, and hair of a caregiver who smokes.
- These scents are particularly dangerous for infants because they are held close to hair, clothes, and skin. Infants often put their hands in their mouths after touching contaminated surfaces.
- Children exposed to thirdhand smoke are at increased risk for sudden infant death syndrome (SIDS).

# What is thirdhand smoke?

- Thirdhand smoke is smoke left behind (harmful toxins) in places people have previously smoked cigarettes.
- Smell = Poison
- Dangers of exposure for adults include: higher risk for heart disease, stroke and other smoking-related diseases.
- Exposure increases childhood risk of asthma and aggravates existing asthma and allergies.
- The scent builds up over time and is resistant to normal household cleaning products.
- Airing out rooms, using fans or air conditioners or limiting smoking to just one room will not eliminate the scent.

Protect the health of children in Kentucky by completing an anonymous survey:  
[www.surveymonkey.com/r/ZKR7ST8](http://www.surveymonkey.com/r/ZKR7ST8)

*Are you interested in a consultation or presentation about thirdhand smoke at your business or child care center? Would you like more information about smoke-free & scent-free child care?*

**Call 859-288-2457 or visit**  
[www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org)

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