



South Side  
**PEDIATRIC  
ASTHMA  
CENTER**  
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## Smoking Can Trigger Asthma

Smoking is very risky to anyone who has asthma because of the damage it does to the lungs. When someone around your child smokes, your child may cough, wheeze, and feel short of breath.

Smoke irritates the airways, causing them to become swollen, narrow, and filled with sticky mucus. This is the same thing that happens during an asthma flare-up.

A child who is around cigarette smoke is more likely to have an asthma flare-up than a child who is not exposed to cigarette smoke. These flare-ups may be worse and harder to control, even with medicine.

Harmful chemicals from smoking are present even if you cannot smell smoke.

### Stopping asthma triggers from smoke

- The only way to stop asthma risks caused by smoking is to keep your child away from cigarette smoke.
- Your child should stay away from rooms or cars where people smoke.
- If you smoke, ask your doctor about free clinic resources to help you stop smoking.
- Anyone who smokes should smoke outside.
- Smoke stays on clothes. If you smoke, have a coat that you only wear when you smoke outside. Take it off before you go inside. This will help stop smoke from sticking to your clothes.
- Wash your hands and face, and rinse your mouth after smoking. This will help to stop you from passing on smoke to others.



**For questions and resources, call 1 (833) 327-8462.**

**[www.SouthSideKidsAsthma.org](http://www.SouthSideKidsAsthma.org)**