

吸煙與您的寶寶

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.

二手煙是指從香煙、煙斗或雪茄的燃燒端散發的煙霧以及由吸煙者呼出的煙霧。二手煙會讓您的寶寶暴露於可能導致嚴重健康問題的有毒化學物質中。事實上，暴露於二手煙中的寶寶更可能在其滿一歲之前死亡。

戒煙並阻止其他人在您或寶寶身邊吸煙，為您的寶寶開啟健康之旅。

- 制定規則，讓吸煙者始終在室外吸煙。
- 絕不允許車內吸煙（即使打開車窗）。
- 不要在允許吸煙的地方或家中停留。
- 外出就餐時，應選擇無煙場所。
- 留在衣服上的煙霧也可能對寶寶造成危害。如果身上有煙味的人要抱寶寶，讓他們更換衣服或在他們身上搭一條毯子。

無煙環境對您寶寶的益處

通常，生活在無煙家庭中的寶寶：

- 更少出現咳嗽和急性支氣管炎。
- 患支氣管炎或肺炎的可能性降低。
- 耳部感染的發生率降低。
- 如果患有哮喘，則哮喘發作的頻率和嚴重程度降低。
- 死於嬰兒猝死綜合徵（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.

如果您吸煙，請制定戒煙計劃

吸煙對您的健康有害。戒煙將降低您死於心臟病、血管疾病、肺部疾病、癌症和卒中的風險。

請與您的醫生討論如何戒煙。詢問您所在地區課程和互助小組相關的資訊。同時詢問有助於您戒煙的藥物和其他輔助工具的資訊。

獲得家人和朋友的支持和鼓勵。尋求與新的放鬆和減壓方法相關的建議。

在您嘗試戒煙之前，請堅定戒煙的決心。吸煙是一種習得的行為，您必須改掉它。戒煙並不容易，但如您下定決心採取行動，便可成功戒煙。戒煙有助於您活得更健康、更長壽。您的孩子將來吸煙的風險也會降低。