

Smoking and Asthma



Cigarette smoke is a **trigger** for many people with asthma, including children. Children have smaller and more delicate airways and are therefore more affected by tobacco smoke and the chemicals it contains. Unfortunately **2 in 5 children with asthma live with a smoker**.

Children of smokers are more likely to have asthma symptoms such as coughing, wheezing, and breathlessness. Asthma is more common among children of smokers.

Passive smoke

Children with asthma that are exposed to secondhand smoke have a greater risk of developing symptoms at a younger age. They tend to have more asthma attacks and are more likely to use asthma medications more often and for a longer period. It is estimated that children of parents who smoke are exposed to the same amount of nicotine as if they were actively smoking 60 to 150 cigarettes a year.

Smoking in the family car

Travelling in a smoke filled car can be harmful to the overall health of your children, and can trigger an attack in children who have asthma. Therefore our school strongly encourages that parents do not smoke in the car when they have their children present, especially going to and from school.

If you would like more information please call **The Asthma Foundation of Victoria** on **1800 645 130** or visit www.asthma.org.au.

National Asthma Council Australia, 'Asthma Management Handbook 2006'
The Asthma Foundation of Victoria, 2005, 'Information Sheet: Smoking and Asthma'