您或家庭成員如
願意戒煙，請向你的
醫生或護士求助。

或打以下電話：

- American Lung Association
  美國肺臟協會
  1-800-586-4872

- American Cancer Society
  美國癌症協會
  1-800-227-2345

- 您所住地區的衛生局

Washington State Department of
Health
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Chinese
協同華盛頓州西南衛生區聯合出版
Southwest Washington Health District
譯文由史諾荷亞希衛生區提供
Snohomish Health District

您爲子女所做的最好的一件事

保護 子女 不受二手煙之害

吸二手煙的兒童患下列症狀的可能性較大：

- 咳嗽和感冒
- 耳朵發炎
- 氣管炎和肺炎
- 呼吸問題和哮喘
- 過敏
- 成年後患肺癌和心臟病

煙草的煙對嬰兒非常有害。吸進二手煙的嬰兒、或母親在懷孕期間吸煙所生的嬰兒，多半在出生時體重較正常爲低、或肺部發展有問題、或死於嬰兒猝死症 SIDS *(crib death)* 的機率高二至三倍。

如何向朋友或親戚進言

「我了解你不吸煙會不舒服，不過我知道你對我們的健康是很關心的。所以能否請你到外面去吸煙？我不想冒犯你，不過這事是很關緊要的。」

子女所呼吸的空氣保持無煙：

- 勿讓任何人在您的房子或汽車內吸煙。
- 如您或家庭成員吸煙，請到外面去吸。
- 要確保看顧小孩的人和托兒所工作人員不在您的子女身邊吸煙。
- 勿到准許吸煙的場所去。去餐館要選擇禁止吸煙的店家。

多數吸煙者均了解煙草對健康有害。多數吸煙者也會應您的要求而把煙熄滅。

Washington State Department of Health

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If you have questions, contact:
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P.O. Box 47833 Olympia, WA 98504-7833
(360) 236-3736

Sincerely,
Health Education Resource Exchange Web Team

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