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Dear Parent,

Passive smoking or secondhand smoking (SHS) is when a non smoker inhales smoking particles from someone else's exhaled smoke in a smoking environment. There is also third hand smoking, which is exposure to smoke particles settled on the floor, clothing or hands of the smoker. These are harmful for not only children but also for adults themselves.

Precautions you should take:

- Set a strict no smoking rule in the house.
- If someone needs to smoke, they must do it outside the house.
- Make sure after smoking, hands and face must be washed.
- Remember, children do what they see and not what they hear so be a good role model for them.


PRINCIPAL