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Passive smoking and children

Passive smoking or secondhand smoking (SHS) is deadly combination of the side stream smoke and the smoke exhaled by the user. It contains more than 4000 chemicals and about 70 cancer causing toxins. The World Health Organization figures show that 50 percent of all children worldwide are exposed to secondhand smoke at home.

Some experts believe that spending an hour with someone who smokes is equivalent to smoking 4 cigarettes yourself.

Effects of secondhand smoking

- Passive smoking severely hinders lung growth and increase the risk of respiratory diseases such as asthma and bronchitis.
- SHS interferes with the child's academic performance, cognitive skills and learning abilities.
- Exposure to smoke in household can lead to long term coughing, wheezing and phlegm in children.
- It is also known as the cause of sleep apnea and middle ear infections.
- Exposure to tobacco smoke is known to increase the frequency and severity of asthma attack in asthmatic children.
- Rolling down the window while you smoke in the car does not protect your child from tobacco smoke.

We all want to be there for our children for as long as possible. Smoking can cut one's lifespan by almost 10 years, perhaps a good reason for us to consider quitting

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