

Asthma and Smoking

Did you know that smoking can make your asthma worse?

Smoking is a common trigger of asthma symptoms for many people. Smoke, and even the smoke smell on clothes, can irritate your airways and cause the muscles around your airways to tighten. This makes the airways narrow and can cause asthma symptoms like coughing and wheezing. Smoking may also increase the risk of long-term lung damage.

Smoking affects others

If you are a smoker, you need to stop smoking. If you are not a smoker, find ways to avoid secondhand smoke. Inhaling other people's smoke can cause your asthma to flare up. If you have a child with asthma, keep him or her away from secondhand smoke. Don't let anyone smoke around you or your child.

How to ask people not to smoke around you

Asking friends or family members not to smoke around you can be hard. But if you have asthma, it is important to let people know how their smoke affects you.

- Ask them not to smoke when they are with you
- Tell them that you have asthma and that smoke makes it worse
- Tell them your home is smoke-free

Quitting is hard. Here are some tips to help you stop smoking:

- Create a "quit plan"
 - Make a list of all the reasons you want to stop smoking and carry it with you
 - Set a quit date and stick to it

Quitting is hard. Here are some tips to help you stop smoking: *(continued)*

- Tell your doctor, nurse, or pharmacist you want to stop. They may:
 - Help you create a quit plan
 - Suggest ways to stop
 - Talk to you about medicines that may help you quit smoking
- Ask for support from a friend or family member. Let the people who care about you help you stay on track. The more support you have, the more likely you will be able to stop.
- Find out what makes you want to smoke. Plan how you can avoid these situations or deal with them without smoking.
- Make your entire home smoke-free. Not smoking in certain rooms is not enough to reduce the risk of secondhand smoke.

*When you are ready to stop smoking, ask for help.
The more support you have from friends and family,
the more likely you will be able to stop.*

For more information and “quit-smoking” help, visit www.smokefree.gov