

# Tobacco Smoke & Vapes: Serious Asthma Triggers

Tobacco smoke and e-cigarette or vape emissions are harmful to lung health. Inhalation causes airways to swell and narrow, making it harder to breathe. Over time, damage to your lungs can be significant and long-lasting. Take steps to protect yourself – and your children and pets – from the dangers of tobacco smoke and vape emissions.

- **Keep your home smoke- and vape-free.**
- **Rent from a property with a clean indoor air policy.**
- **Keep your car smoke- and vape-free - it's the law with children under 8 years of age.**
- **Avoid exposure at public and private places.**
- **If you smoke or vape, get help to quit.**



**Quit all forms of commercial tobacco use with 802Quits.**

**Get FREE coaching, text support, patches, gum and lozenges.**

**Earn \$\$\$ rewards.\***

**Call 1-800-QUIT NOW  
(800-784-8669)**

**Visit 802Quits.org**

**Text START to 300500**



Learn more about asthma, asthma triggers and lung health at [healthvermont.gov/wellness/asthma](https://healthvermont.gov/wellness/asthma).

\*Must be a Vermont resident. Eligibility will be determined upon enrollment. Some conditions apply.