X-tinguishing smoking and exposure to secondhand smoke among people with asthma is part of EXHALE, a set of six strategies used by CDC’s National Asthma Control Program and its partners to help Americans with asthma.

**X-tinguishing smoking and exposure to secondhand smoke can reduce:**

- The frequency of rescue medication use;
- Emergency department (ED) visits and hospitalizations due to asthma;
- Missed school days; and
- Healthcare costs.

**Background information:**

- National asthma guidelines recommend people with asthma avoid smoking and exposure to secondhand smoke.

- Cigarette smoke can trigger asthma attacks that require ED care or hospitalization.

- About 14% of U.S. adults smoke cigarettes.

- Smokefree policies can reduce secondhand smoke exposure. Please see “Environmental Policies or Best Practices to Reduce Asthma Triggers: Information for Public Health Professionals”.

Learn more about how extinguishing smoking and secondhand smoke exposure can help children and adults with asthma:

[https://www.cdc.gov/asthma/exhale/](https://www.cdc.gov/asthma/exhale/)