

X-tinguishing Smoking and Exposure to Secondhand Smoke Among People with Asthma

Information for Public Health Professionals

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/>



Centers for Disease
Control and Prevention
National Center for
Environmental Health



This strategy is represented by the "X" in EXHALE. The six strategies in EXHALE can have the greatest impact when used together in every community.



Education

on asthma self-management

X-tinguishing

smoking and exposure to secondhand smoke

Home

visits for trigger reduction and asthma self-management education

Achievement

of guidelines-based medical management

Linkages

and coordination of care across settings

Environmental

policies or best practices to reduce asthma triggers from indoor, outdoor or occupational sources

