

Decreasing Childhood Exposure to Environmental Tobacco Smoke

- Do not smoke around infants and children.
- Maintain a smoke-free home. Do not allow visitors to smoke in the home.
- Restrict smoking to outside the house where the children do not play.
- Encourage exclusive breastfeeding for the first 6 months.
- Change clothing after smoking and before holding an infant in close proximity. Suggest wearing a removable outer garment for smoking that is removed on return to the house or when in contact with the child.
- Do not smoke in motor vehicles with children.

Long-Term Respiratory Dysfunction

Asthma

Asthma is a chronic inflammatory disorder of the airways characterized by recurring symptoms, airway obstruction, bronchial hyperresponsiveness, and an underlying inflammation process ([Trent, Zimbro, and Rutledge, 2015](#)). In susceptible children, inflammation causes recurrent episodes of wheezing, breathlessness, chest tightness, and cough, especially at night or in the early morning. The airflow limitation or obstruction is reversible either spontaneously or with treatment. Inflammation causes an increase in bronchial hyperresponsiveness to a variety of stimuli ([Liu, Covar, Spahn, et al, 2016](#)). Recognition of the key role of inflammation has made the use of antiinflammatory agents, especially inhaled steroids, a major component in the treatment of asthma.

Asthma is classified into four categories based on the symptom indicators of disease severity. These categories are intermittent,