

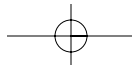
Someone else getting your second wind?



**BlueCross BlueShield
of Illinois**

www.bcbsil.com

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association



If you smoke, you're not the only one exposed to the associated health risks.

In fact, studies show that about 43 percent of American children ages two to 11 are exposed to second-hand, or passive, smoke at home.* Children, especially infants, of parents who smoke are more likely to develop illnesses, such as bronchitis, pneumonia and asthma. And, parents who smoke also are more likely to cough and spread germs to their children. In addition, exposure to tobacco smoke increases the risk of heart disease.

Next time you get the urge to smoke, pass on it—so you won't pass on second-hand smoke.

**Source: American Heart Association*