



# Tobacco-Free Child Care



**Promoting the Health and  
Wellbeing of Children**

*Adapted from the American Lung Association in Minnesota's Toolkits, updated 2020*



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# What Is The Law?

	NEBRASKA CLEAN INDOOR AIR ACT Childcare Facilities/Homes
Overview	Smoking and vaping is prohibited in all places of employment during business hours
Childcare Facilities	<p>The prohibition of smoking and vaping applies:</p> <ul style="list-style-type: none"><li>▪ <b>At all times, 24 hours per day, 7 days per week,</b> regardless of hours of operation anywhere within a childcare facility.</li><li>▪ To all persons including employees, parents, guests, contractors and others.</li><li>▪ All indoor areas of the childcare program whether or not children use the area.</li></ul>
Childcare Homes	<ul style="list-style-type: none"><li>▪ Smoking and vaping is prohibited in all areas of the home during the hours when the residence is being used as a licensed childcare program.</li><li>▪ The childcare provider must inform parents, guardian(s), or other individuals responsible of all enrolled children if any household member, including the provider, tobacco users are in the home. This information must be provided to parents, guardian(s), or other individuals responsible <u>before</u> accepting a child into care.</li></ul>



# Why is it important for childcare homes to be tobacco-free 24 hours a day, 7 days a week?

## Thirdhand Smoke

Harmful chemicals remain on countertops, upholstery, carpets, floors, clothing, car interiors and other fabrics and surfaces for days, weeks and even months after a cigarette has been smoked.<sup>2</sup> This includes toys, blankets and car seats. Children are exposed to thirdhand smoke as they breathe near, crawl and play on, and touch and put in their mouths surfaces and objects that are contaminated.<sup>3</sup> Children's developing brains and immature respiratory and immune systems make them especially vulnerable to even low levels of tobacco-related toxins, which have been associated with cognitive deficits in children.<sup>4</sup>

## How can children's exposure to thirdhand smoke be prevented?

**Through 100% tobacco-free environments with 24/7 tobacco-free childcare.** This means no smoking and vaping in any area of the home at any time, as air flow between rooms is virtually impossible to eliminate.<sup>5</sup>

**Children learn from our behavior.** It is important that we model the behaviors we want them to follow as they grow.

**There is NO right to smoke.**

**Smokers are not a protected category of people.**



# Why is tobacco-free home childcare important?

## Nicotine Poisoning and Children

- Nicotine is an acute toxin. Exposure to nicotine through cigarette butts, e-liquids or other tobacco waste can cause nausea and vomiting, respiratory arrest, seizures, even death.

**Childcare providers are responsible for the safety, health and wellbeing of children. Protecting the children they care for from thirdhand smoke and nicotine poisoning is part of this responsibility.**

- From January 2011 to August 30, 2018, a total of 650 emergency calls related to tobacco/nicotine poisoning were received by the Nebraska Regional Poisoning Center, with a significant increase in the number of nicotine liquid poisoning cases in 2014 and 2015.<sup>6</sup>
- Most of the tobacco-related emergencies (82%) were involving young children less than age 6.<sup>6</sup>
- Since 2011, there have been 172 reported e-cigarette or nicotine liquid cases.<sup>6</sup>



# What can you do to support tobacco-free childcare?

## If you are a childcare provider, implement your own policy:

- Prohibit tobacco use and electronic cigarettes, at all times:
  - In all indoor areas of your property;
  - Within any motor vehicle used to transport children; and
  - During field trips, walks or other off-property activities and functions.
- Prohibit tobacco use and using electronic cigarettes outdoors on your property during the hours of operation
- Prohibit the use of tobacco products on your property at all times
- Keep your property free of cigarette butts and any other tobacco product and/or electronic cigarette litter
- Store any tobacco products or electronic cigarettes located on your property in a locked cabinet or similar other location that is inaccessible to children
- Talk with childcare providers, licensors and parents about thirdhand smoke and nicotine, and the harmful effects they have on children
- Discuss implementing a tobacco-free policy with childcare providers
- Protecting children from the harms of tobacco is part of this responsibility
- Provide information on resources for tobacco cessation

# Quit Tobacco Resources



**1-800-QUIT-NOW**  
**(800-784-8669)**  
[QuitNow.ne.gov](https://QuitNow.ne.gov)

Telephone-based quitlines are recommended by the Community Preventive Services Task Force based on strong evidence of effectiveness for tobacco cessation.<sup>3,4</sup> The Nebraska Tobacco Quitline provides FREE individualized tobacco cessation counseling either by telephone or online. The Nebraska Tobacco Quitline can provide support for users of all types of tobacco products and is available 24 hours a day, 7 days a week.

# Additional Resources

Freedom From Smoking®



[Lung.org](https://www.lung.org)

Freedom From Smoking® is the American Lung Association's gold standard smoking cessation program. The program launched in 1975 and has been revised through the years to provide current cessation information. Classes are run by a facilitator who guides the conversation. Participants learn tools and techniques for quitting tobacco and gain additional support and ideas from fellow participants.

**American Lung Association in Nebraska**

**Freedom From Smoking®**

[FFSOnline.org](https://FFSOnline.org)

**American Lung Association in Nebraska** [Lung.org](https://lung.org)

**LUNG HelpLine**

1-800-LUNGUSA | [HelpLineInfo@Lung.org](mailto:HelpLineInfo@Lung.org)

**Americans for Nonsmokers' Rights**

[No-Smoke.org](https://No-Smoke.org)

**Tobacco Control Legal Consortium** [publichealthlawcenter.org](https://publichealthlawcenter.org)

**Metro Omaha Tobacco Action Coalition** [motac.org](https://motac.org)

# References

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## Notes

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