

Did you know...

- After a cigarette is out, second-hand smoke can remain behind in the air, on your clothes, carpet, curtains, car seats and furniture.
- Opening a window is not enough to clear the air.
- Ventilation systems (e.g., home air exchange systems) take away some of the smell or sight of tobacco smoke, but do not deal with the harmful chemicals that are invisible and odourless. This means ventilation may dilute tobacco smoke, but it does not eliminate the health risks.



You CAN Quit!

If you, or someone you know, would like information or help with quitting smoking, contact the Provincial Smokers' Helpline at **1-800-363-LUNG(5864)** or www.smokershelp.net. *It's free, friendly, convenient & confidential!*

For more information on creating smoke-free homes & cars, contact your local public health nurse.

Making Your Home and Car SMOKE-FREE



Go Healthy



Facts About Second-hand Smoke

Second-hand smoke is the smoke from the end of a burning cigarette, cigar or pipe, and the smoke exhaled by a smoker.

When someone smokes inside a home or car, everyone inside breathes it in. This is harmful to everyone, but is more dangerous to children than adults because their lungs are smaller and they breathe more rapidly.

Living in a smoke-free home and traveling in a smoke-free car have many benefits for you and your family.

Children are less likely to have:

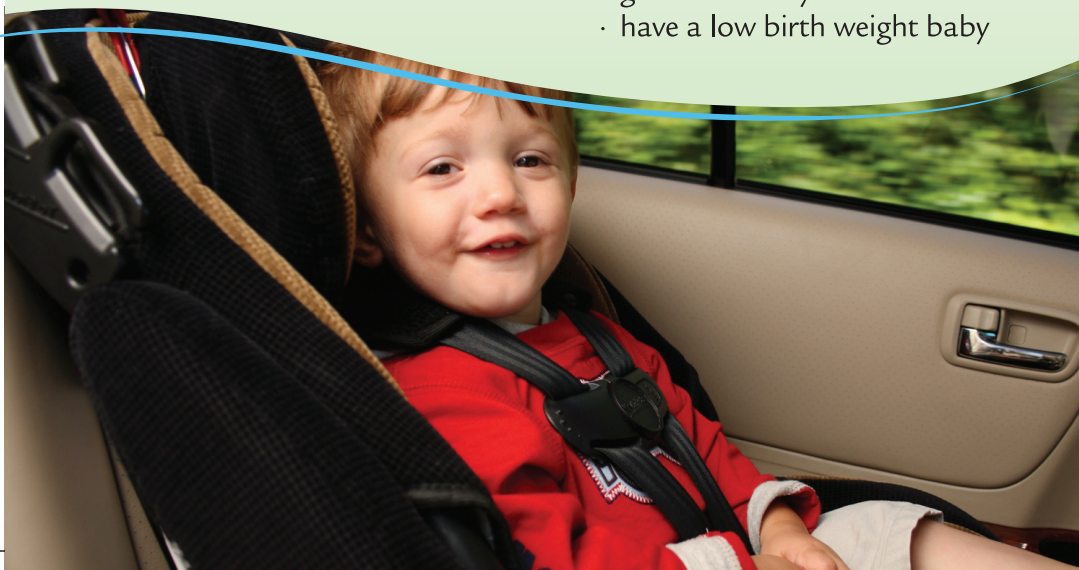
- ear and throat infections
- colds, bronchitis, pneumonia
- asthma
- allergies
- sudden infant death syndrome(SIDS)

Adults are less likely to have:

- cancer
- heart attack, stroke, and lung disease
- allergies, asthma and bronchitis

Pregnant Women are less likely to:

- give birth early
- have a low birth weight baby



Protect Your Family

1. Get Ready

- Talk with family members about the benefits of having a smoke-free home and car and discuss ways to make this happen

2. Get Set

- Remove ashtrays from inside your home and car
- If you smoke, plan to smoke outside, cut down or consider quitting
- Think about how you will ask visitors or family members to smoke outside (*e.g., We've decided to make our home smoke-free. You can certainly step outside to smoke.*)

3. Go Smoke-Free!

- Post the smoke-free sign (provided below) at eye level on your home or car door/window to let family, friends or childcare providers know your home and car are smoke-free
- Say *thank you* to your friends and family for helping to keep your home and car smoke-free

