



Car and Home: Smoke Free Zone Campaign

www.smokefreezone.org

What is passive smoking?

Passive smoking is breathing in the smoke from other people's cigarettes, cigars or pipes. This smoke comes directly from the burning end of a cigarette as well as the smoke being breathed out from someone smoking.

Other people's smoke contains around four thousand different chemical substances known to cause cancer and be harmful to infants and children of all ages, as well as adults.

Poisons from cigarette smoke can remain in the air even though the visual smoke can no longer be seen. Cigarette smoke reaches all areas in a home, even the rooms that are not being smoked in.

Cigarette smoke also reaches all areas of a car. It is not enough to just open the car window.

When you, a partner, family member or friend smoke where children live and breathe, the children smoke too.

Why does passive smoking harm children?

Infants and children of all ages, develop health problems from other people's cigarette smoke because:

- their lungs and body weight are small, so the dangerous substances in smoke are more harmful.
- children spend a lot of time with parents/carers, and if they smoke children are exposed to harmful effects for longer periods of time.
- infants are not able to move away from tobacco smoke and children do not realise the harm of passive smoking.

Cigarette smoke can even reach children behind firmly closed doors as they sleep or play.

How does passive smoking harm children?

Infants or children of any age who breathe other people's cigarette smoke can:

- develop glue ear or middle ear infections
- suffer more ear, nose, throat, or chest infections, croup and wheezing
- become asthmatic with ongoing asthma attacks
- develop pneumonia and bronchitis
- be at risk from Sudden Infant Death Syndrome.

Children are at risk of health problems when they come into contact with other people's cigarette smoke.

What can you do to protect a child's health?

There are effective ways to protect children from other people's cigarette smoke.

To ensure children do not come into contact with cigarette smoke make your **car and home a smoke free zone**.

Here are some hints to start in the **car**:

- make a RULE – your car is smoke free for all family and friends
- contact The Cancer Council NSW for stickers, to make it clear that your car is a smoke free zone
- put no-smoking stickers on the car ashtray and dashboard
- clean out the car ashtray and remove the cigarette lighter and remember that opening the windows will not protect your children.

Here are some hints to start at **home**:

- make a RULE – your home is smoke free for all family and friends
- contact The Cancer Council NSW for stickers and magnets, to make it clear that your home is a smoke free zone
- stick up smoke free zone magnets or stickers on the kitchen fridge and in prominent places around the home
- remove all ashtrays from inside your home
- ask people who want to smoke to go outside – it is not enough to just open the door or window
- choose a smoking area outside your home and provide ashtrays that are out of reach of toddlers and small children
- if you're out socialising in public near smokers politely ask smokers to move away from children or move the children to a new area that is smoke free.

Help children be the healthiest they can be by keeping them away from cigarette smoke.

Every step you take to stop passive smoking protects a child from poisons that harm.

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Further information

NSW Health
1800 251 528

The Cancer Council NSW
13 1120

The Cancer Council NSW - Arabic
1300 301 625

The Cancer Council NSW - Cantonese and Mandarin
1300 300 935

Asthma NSW
1800 645 130

The National Heart Foundation
1300 362 787

SIDS NSW
1300 308 307

Contact the Quitline 131 848 or speak with your doctor or pharmacist if you would like to quit smoking.

Visit our website: www.smokefreezone.org.au