

## Does passive smoking cause serious health problems?

Non-smokers exposed to cigarette smoke are at risk of developing lung cancer, heart disease and breathing problems.

## How can we protect our children from passive smoke?

Choose non smoking places to be with your children.

Remove ashtrays from inside your home and out of reach of children.

Make sure people smoking outside your house are away from open windows and doors.

Put no smoking stickers around your home. Smoke goes everywhere, even through closed doors. The poisons from cigarette smoke can remain in the air long after the smoke has disappeared.

## Who can help me to quit smoking?

- Your local doctor
- Your local pharmacist.
- Your community. Ask your friends and family to support you by not smoking around you after you have quit.
- **Call Quitline 13 7848**

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## Protecting Family Health

## What is passive smoking?

Passive smoking is when you breathe in cigarette smoke from people smoking around you.



## Why is passive smoking more harmful to children?

- *ear, throat, and chest infections*
- *asthma attacks and wheezing*
- *pneumonia and bronchitis*
- *Risk of Sudden Infant Death Syndrome (SIDS)*

## How is cigarette smoking harmful when pregnant?

Smoking when pregnant contributes to:

- Compromised fertility
- Pregnancy complications
- Fetal death and stillbirths
- Low birth weight
- Sudden infant death syndrome (SIDS) also called 'cot-death'

## Who benefits if I quit smoking?

Your whole family will benefit:

- If you are pregnant your baby will have a better chance of being born healthy and strong
- You will be better able to protect your children from the dangers of passive smoke
- You will find breathing and exercise much easier

Even if you do not smoke when you are pregnant, breathing in other people's smoke can harm your baby.

