

Easy steps to making your home and car smokefree

- Make a rule – your home and car are smokefree at all times for everyone.
- Remove all ashtrays from your home.
- Clean out your car ashtray.
- Remove the cigarette lighter from your car.
- Let other people know – put Smokefree/Auahi Kore stickers on your windows.
- Ask your family and whānau to support you by not smoking in your home and car.

Be a positive role model and don't smoke around children at any time. They'll be less likely to become smokers.

For further information:
www.secondhandsmoke.org.nz
or contact your nearest public health unit
(you'll find their contact details in the hospital section of your phone book).

Quit Me Mutu

If you need support to quit smoking,
contact the Quitline 0800 778 778



MANATŪ HAUORA

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Protect the health
of your children

A guide to making your home and car smokefree



What's the issue?

Smoking around children and young people is harmful.

Why?

- They will be exposed to second-hand smoke and children who breathe in second-hand smoke are more likely to develop illnesses such as chest infections, glue ear and asthma.
- Exposure to second-hand smoke increases the risk of sudden infant death syndrome (SIDS).
- Young people who have friends / family / whānau who smoke are more likely to become smokers.

Second-hand smoke is a mix of smoke from the burning end of a cigarette plus the smoke blown into the air by the person smoking.

Second-hand smoke

Second-hand smoke contains more than 200 poisons, some of which can cause cancer.

- The concentration of some poisons is higher in second-hand smoke than in the smoke being breathed in by the smoker.
- The lungs and body weight of children are small so the poisons found in second-hand smoke are more harmful to them.
- Children are often not able to move away from second-hand smoke.



Second-hand smoke in your home and car

- Opening or winding down a window will not remove all of the poisons.
- The poisons will linger long after the smoke and smell have disappeared.

Make your car smokefree
Kia auahi kore ō tātou waka

Make your home smokefree
Kia auahi kore ō tātou whare