Protect the health of your children

A GUIDE TO MAKING YOUR HOME AND CAR SMOKEFREE

auahi kore

smokefree

What's the issue?

Smoking around children and young people is harmful.

Why?

> **" Secondhand smoke is a mix of smoke from the burning end of a cigarette plus the smoke blown into the air by the person smoking. "**

- They will be exposed to secondhand smoke, and children who breathe in secondhand smoke are more likely to develop illnesses such as chest infections, glue ear and asthma.
- Exposure to secondhand smoke increases the risk of sudden unexpected death in infancy (SUDI).
- Young people who have friends and whānau who smoke are more likely to start smoking.

It's illegal to smoke or vape in a vehicle when there are children under the age of 18 present.

Kia auahi kore ō tātou waka
Make your car smokefree

Image courtesy of NZ Transport Agency

Secondhand smoke

Secondhand smoke contains more than 200 poisons, some of which can cause cancer.

- The concentration of some poisons is higher in secondhand smoke than in the smoke being breathed in by the person smoking.
- The lungs and body weight of children are small so the poisons found in secondhand smoke are more harmful to them.
- Babies and young children may not be able to move away from secondhand smoke.

Secondhand smoke in your home.

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

Kia auahi kore ō tātou whare
Make your home smokefree

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 start smoking.

For further information visit: smokefree.org.nz/facts/health-effects/secondhand-smoke

If you need support to stop smoking, visit: smokefree.org.nz or contact Quitline on 0800 778 778 or text QUIT to 4006.

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