

Protect the health
of your children

A GUIDE TO MAKING YOUR HOME AND CAR SMOKEFREE AND VAPEFREE

auahi kore smokefree hākohu kore vapefree

What's the issue?

Smoking around children and young people is harmful.

> *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.*

Why?

- 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 whānau and friends who smoke or vape are more likely to take up smoking or vaping.

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

Kia auahi kore, kia hākohu kore ō tātou whare, ō tātou waka.



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 and car.

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

Make your home and car smokefree and vapefree.



Tips to making your home and car smokefree and vapefree

- Make a rule—your home and car are smokefree and vapefree at all times for everyone.
- Remove all ashtrays from your home and car.
- Clean out your car ashtray.
- Remove the car cigarette lighter.
- Place your vape device out of sight and reach.
- Let other people know—put Smokefree| Auahi Kore stickers on your windows. You can order stickers at smokefree.org.nz and healthed.govt.nz
- Ask your family and whānau to support you by not smoking and vaping in your home and car.

Be a positive role model and don't smoke or vape around children at any time. They'll be less likely to start smoking or vaping.

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

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

Te Kāwanatanga o Aotearoa
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Te Whatu Ora

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