

A young boy with short brown hair is sitting in a car seat, smiling at the camera. He is wearing a blue and red patterned shirt. The car seat has white and grey padding. The background shows a car window with a view of a road and greenery.

**MAKE YOUR
CAR SMOKEFREE
AND VAPEFREE**

Image courtesy of
NZ Transport Agency



Make your car smokefree and vapefree

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

Smoking in the car is harmful to your children

- Children who breathe secondhand smoke are more likely to develop illnesses such as chest infections, glue ear and asthma.
- Young people who have whānau and friends who vape or smoke are more likely to take up vaping or smoking.

“ *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. It contains more than 200 poisons, some of which can cause cancer.* **”**

Secondhand smoke in your car

- Winding the window down will not remove all of the poisons.
- The poisons will linger long after the smoke and smell have disappeared.
- Children are not able to move away from secondhand smoke in a car.

Tips to make your car smokefree and vapefree

- Make a rule—your car is smokefree and vapefree at all times for everyone.
- Clean out your car ashtray.
- Remove the car cigarette lighter.
- Let other people know—put a smokefree sticker on your car window. You can order stickers at smokefree.org.nz and healthd.govt.nz
- Place your vape device out of sight and reach.

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

smokefree.org.nz/facts/health-effects/secondhand-smoke