

Protect the health
of your children

A guide to
making your
home and car
smokefree



smokefree

auahi kore

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 unexpected death in infancy (SUDI).
- 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.

Make your car smokefree

Kia auahi kore ō tātou waka

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 home smokefree

Kia auahi kore ō tātou whare

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 visit:
www.smokefree.org.nz/secondhandsmoke
or contact your nearest public health unit:
www.health.govt.nz/phucontacts

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

New Zealand Government



MANATŪ HAUORA



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