

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 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:  
[www.seconddhandsmoke.org.nz](http://www.seconddhandsmoke.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

New Zealand Government



MANATŪ HAUORA



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