

DO YOUR KIDS HAVE TO DRAW YOU A PICTURE?

AROUND KIDS, WE DON'T SMOKE.



smoke-free
Family

PROTECT YOUR KIDS
FROM SECOND-HAND SMOKE.

SMOKEFREEFAMILY.CA



SECOND-HAND SMOKE: DANGER!

Second-hand smoke is particularly harmful to the health of babies and children because they breathe more quickly than adults and their immune systems are not yet fully developed.

SECOND-HAND SMOKE

CONTAINS MORE THAN

7,000

CHEMICAL PRODUCTS



WHEN WE SMOKE AROUND KIDS, THEY ALSO SMOKE.

Regular exposure to second-hand smoke can cause or aggravate some health problems in children such as:

- respiratory problems (bronchitis, pneumonia, asthma attacks);
- colds and recurrent ear infections.

WHEN WE SMOKE AROUND A PREGNANT WOMAN, HER BABY ALSO SMOKES.

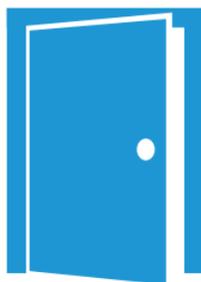
DURING PREGNANCY, exposure to second-hand smoke:

- impairs the baby's growth and can affect their development (heart, lungs, nervous system, etc.);
- increases the risk of the baby being stillborn or born with a low birth weight;
- increases the risk of miscarriage, premature birth or complications during childbirth.

DURING THE FIRST FEW MONTHS OF LIFE, babies who are exposed to second-hand smoke are at greater risk of falling victim to sudden infant death syndrome.



LET'S DISPEL SOME MYTHS



“Smoking **under a range hood or near an open window** eliminates almost all of the second-hand smoke.”

REALITY

Turning on the range hood or fan or opening a window in the house or the car are well-intended actions. However, these strategies are not effective enough to sufficiently reduce the concentration of harmful substances present in smoke.

“Smoking **in another room** prevents second-hand smoke from spreading throughout the rest of the house.”

REALITY

Second-hand smoke reaches every corner of the house, including rooms where no one is smoking, by passing under doors, through gaps for plumbing and electrical wiring, as well as through heating and air conditioning vents.

TO BUST OTHER MYTHS, VISIT SMOKEFREEFAMILY.CA.



DID YOU KNOW THAT...

...smoking in an enclosed space significantly increases the concentration of smoke?

**SECOND-HAND SMOKE
IN A CAR CAN BE UP TO**

27X

**MORE
CONCENTRATED**
THAN IN A SMOKER'S HOME



TO PROTECT KIDS, PREGNANT WOMEN AND THEIR BABIES

Make your home and your car 100% smoke-free zones:

- Inside, we don't smoke. This is best for everyone all the time, even if the kids aren't there;
- On the road, offer to make some stops so smokers can smoke outside.



Outside, make sure no one smokes near children and pregnant women:

- Even on a balcony, in a park or while walking, second-hand smoke poses a risk to children's health if they are near the smoker.



REMINDER

Since May 2016, it is prohibited by law to smoke or vape:

- in CARS when children under 16 are present;
- in OUTDOOR PLAY AREAS for children, on sports fields and playgrounds.

WANT TO QUIT SMOKING?

Quitting smoking is difficult but possible, especially with help. Give yourself the gift of health and freedom while protecting your children and setting a positive example.



Go to
quitchallenge.ca
and iQuitnow.qc.ca



Call the iQuitnow
helpline at
1-866-527-7383



Visit a
Quit Smoking
Centre

Your **pharmacist** or your **doctor** can also be allies to help you quit.

An initiative of **Capsana**. In collaboration with:

