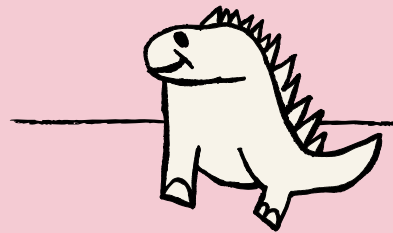


To keep those little pink lungs healthy



DON'T SMOKE AROUND YOUR KIDS

Many parents who smoke rely on various measures, such as turning on the range hood or opening a window, to reduce the amount of smoke in the air. Even though these actions show good intentions, they are not enough to fully protect children's health.

TAKE CARE OF THOSE LITTLE LUNGS

As children's lungs are not yet fully developed, they are more vulnerable to the harmful effects of the 7,000 chemical substances contained in second-hand smoke.

Exposure to this toxic smoke can cause or exacerbate several respiratory problems in children, such as coughs, colds, bronchitis, pneumonia and asthma.

Children of smokers are

**2 TO 4
TIMES
MORE LIKELY
TO HAVE
ASTHMA**



MYTHS TO BREAK

If we can't see it or smell it, smoke is harmless. FALSE. Here's why...

- **Under a range hood that's on:** it would take at least 10,000 air changes per hour to eliminate all the toxic substances contained in second-hand smoke. The equivalent of a tornado!
- **Near an open window:** opening a window in a room or in the car can cause a current of air that sucks the smoke back inside. What's more, smoke contained in a limited space such as a car can become hyper-concentrated!
- **In a closed room:** smoke can infiltrate the home through openings for plumbing and electric cables as well as through heating and AC vents. It's impossible to keep it confined!

Not smoking around kids is the only way to keep their little pink lungs healthy.

TAKE ACTION AGAINST SECOND-HAND SMOKE



1. MAKE YOUR HOME A 100% SMOKE-FREE ZONE.

- Inside, we don't smoke, even under the range hood, in the basement, in the garage...
- Outside, we smoke far away from doors, windows and the patio.
- Take advantage of a move to keep the smoke outside!

2. MAKE YOUR CAR A 100% SMOKE-FREE ZONE.

- In the car, we don't smoke, even with the windows down, the roof open, with the fan and air conditioning on...
- If your passengers are smokers, offer to stop so they can smoke outside.

IMPORTANT: These rules apply to everyone – even guests! – and at all times, even if the children aren't there.

3. OUTSIDE, MAKE SURE TO SMOKE FAR AWAY FROM 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. It is less concentrated, but is still dangerous...

The law prohibits smoking tobacco products and vaping:

- in **VEHICLES** when a child under 16 is present;
- in **OUTDOOR PLAY AREAS** for children, on sports fields and playgrounds.



GOOD TO KNOW

These tips also apply to e-cigarette vapour (vaporizer) and, of course, cannabis smoke.

AN OPPORTUNITY TO QUIT?



The **I QUIT NOW** helpline
1-866-527-7387



The **iquinow.qc.ca** website



The **Quit Smoking Centres**



The **SMAT** text messages

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