



**GIVE THEM  
A LITTLE  
BREATHING  
ROOM.**

**YOU LOVE YOUR KIDS.  
DON'T SMOKE  
AROUND THEM.**

**Second-hand smoke is particularly harmful to the health of children and babies** because their immune system and lungs are not yet fully developed, and they breathe more quickly than adults, which means they absorb more chemical substances.

### **SECOND-HAND SMOKE: DANGER**

Frequent exposure to second-hand smoke can cause or exacerbate certain health problems in children, such as respiratory problems (bronchitis, pneumonia, asthma), colds, and recurrent ear infections. It also increases the risk of sudden infant death syndrome in newborns.

### **DO YOU WANT TO QUIT?**

In addition to protecting your child's health, a smoke-free family environment can help you break tobacco's hold and become a non-smoker for good.

Quitting smoking is difficult, but possible, especially with help to increase your chances of success. Don't hesitate to use resources. Your doctor and your pharmacist can also help you butt out.

**SECOND-HAND  
SMOKE**  
CONTAINS MORE THAN  
**7,000**  
**CHEMICAL SUBSTANCES**



Visit  
[quitchallenge.ca](http://quitchallenge.ca)  
or [iquitnow.qc.ca](http://iquitnow.qc.ca)



Call  
the helpline  
**1-866-527-7383**



Visit a  
**Quit smoking  
centre**



### **IT'S WORTH THE PRICE!**

An average smoker (15 cigarettes a day) who quits can save nearly \$200 a month. A big plus for the family budget!



# 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.

THE CONCENTRATION OF SECOND-HAND SMOKE  
IN A CAR CAN BE UP TO

**27X**   
HIGHER THAN  
IN A SMOKER'S HOME

## 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 INITIATIVE OF:

**Capsana** 

IN COLLABORATION WITH:

**Québec** 

 **Jean Coutu**