



Make your home and
car smoke free.



MAKE SMOKING
HISTORY



Adapted from the US Environmental Protection Agency's
'Second hand tobacco smoke and the health of your family'

Second hand smoke is the smoke that comes from a cigarette
or other tobacco that someone other than you is smoking.



Second hand smoke is dangerous.

Everyone knows that smoking is bad for smokers, but did you know –

- Breathing smoke from someone else's cigarette, pipe, or cigar can make you and your children sick.
- Smoking inside a home or car is more dangerous because smoke gets trapped inside – even fans and open windows don't help.
- Children who live in homes where people smoke get sick more often with coughs, breathing problems such as asthma, and ear infections.
- Second hand smoke is also linked to Sudden Infant Death Syndrome (SIDS, also known as cot death).
- Second hand smoke can cause lung cancer in adults and is also bad for the heart.
- Children who live in homes where people smoke are more likely to take up smoking.

Protect your family

- Make your home and car smoke free.
- Family, friends and visitors should never smoke inside the home or in the family car.
- If you smoke, only smoke outside and away from doors and windows.
- Place smoke free stickers around the home, on your car or on the pram.

Where to get help to quit

- Ask your doctor or health worker for ways to help you stop smoking.
- Call the Quitline on 13 7848 for free information, 'Quit kits' and confidential counselling.
- The Cancer Council Western Australia's *Fresh Start* program offers group courses to help you quit. Call the Cancer Council Helpline on 13 11 20 for more information.

Remember

Keeping a smoke free home and car can help improve your health, the health of your children, and your community.