

Breathe healthy...live happy



A smoke-free environment is important for keeping your children healthy. Children who breathe second-hand smoke are more at risk than adults because:

- their lungs are still growing and developing
- they breathe more quickly and take in more of the dangerous chemicals for their size than adults
- their immune system is less developed and can't protect them as well

Smoking in the home increases your children's risk of getting colds, ear infections, bronchitis, asthma and pneumonia.

Keep your home and car smoke-free.

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

