

## 2. Action

- **Put up smoke-free signs** in your home and car for guests and as a reminder to family
- **Take away all ashtrays** from inside your home and use your car ashtray for other things, like candies or coins
- **Prepare** a place outside your home for smoking
- **Ask** anyone who wants to smoke to go outside

## 3. Celebrate

- Have a family **celebration** to enjoy the smoke-free air



# Are you and your family at risk?

## 4. Staying on the right path

- **Talk openly with your family about how you feel and listen to others**
- **Get help when you need it from family, friends, or your family doctor**
- **Consider quitting smoking – you are worth it!**

For more information on this or any other health-related topics contact  
York Region Health Services  
*Health Connection*

**1-800-361-5653**  
or visit [www.york.ca](http://www.york.ca)



Adapted from "Make your home and car smoke-free" by Health Canada



**Second-hand smoke causes over 1000 deaths from lung cancer and heart disease in non-smokers in Canada every year.**



**2 = 1 + 1**

**Second-hand smoke = the smoke that goes directly into the air + the smoke that is exhaled by the smoker into the air**

### The truth about second-hand smoke

- Second-hand smoke has 4000 harmful chemicals, and has more tar, carbon monoxide and nicotine than what is inhaled by a smoker.
- About 50 of the harmful chemicals in tobacco smoke cause cancer
- Non-smokers breathe in the toxic chemicals in a smoke filled room
- The harmful chemicals in smoke stay in rooms even after the smoke can't be seen
- Second-hand smoke moves in the air between all the rooms of a home
- Opening a window in a home will not take away the harmful chemicals
- Smoking in a small space, like a car, is more harmful than smoking in a larger space

**There is no safe amount of second-hand smoke**

## Second-hand smoke can affect everyone in your family

Adults affected by second-hand smoke have more risk for cancer, heart disease, stroke and breathing problems.

Second-hand smoke is even more dangerous for adults, especially Seniors, who have other illness.

Children who breathe second-hand smoke are in more danger than adults because:

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

**Children who breathe second-hand smoke have a higher chance of sudden infant death syndrome (SIDS), developing asthma, pneumonia, bronchitis and ear infections.**

**Protecting your family from second-hand smoke... make your home and car smoke-free.**

### Tips:

1. **Have a family meeting** to talk about smoking
  - **Share** information and feelings
  - **Make a list** of the reasons it is important to protect your family from second-hand smoke
  - **Plan** for when guests who smoke come to visit OR who will take care of young children when the smoker goes outside to smoke
  - **Set a date** to make your home and car smoke-free

