

BREATHE HEALTHY - LIVE HAPPY

A Smoke-Free Environment is Important to Keep Your Child Healthy

WHAT IS SECOND-HAND SMOKE?

Second-hand smoke contains more harmful chemicals than smoke inhaled directly by a person who smokes because it does not pass through a filter. Therefore, there is no safe level of exposure to second-hand smoke. Keep your home and car smoke-free.

WHY ARE CHILDREN AT RISK?

Children are at risk because their lungs are still growing and developing. They breathe more quickly and as a result take in more of the dangerous chemicals for their size than adults.

Their immune systems are less developed than adults so smoking in the home increases a child's risk of getting colds, ear infections, bronchitis, asthma, and pneumonia

This material is provided by York Region Public Health. For more information on tobacco-free living please visit york.ca/tobacco or email tobaccofreeliving@york.ca.



[This document has been prepared and approved by The Regional Municipality of York. We encourage you to share this information in your communications with families in its entirety. Any modification to wording or by reproducing it in part with other wording can alter the original meaning and may no longer be accurate.]

PUBLIC HEALTH
1-877-464-9675
TTY 1-866-512-6228
york.ca/tobacco



E-CIGARETTES: WHAT PARENTS NEED TO KNOW

Youth Who Do Not Use Tobacco are Beginning to Experiment with Vaping

An **e-cigarette** is a battery-operated device that changes a liquid chemical, called e-juice, into a vapour that can be inhaled. This is often called **vaping**. E-juice does not contain tobacco. However, most of these products contain nicotine which is the addictive substance found in cigarettes, as well as flavouring and other chemicals. The health risks from e-cigarette use and second-hand vapour are unknown. Youth who do not use tobacco are beginning to experiment with vaping believing that it is a safer alternative. E-cigarette use may cause youth to start smoking cigarettes or using other substances.



For more information, visit [Vaping and e-cigarettes](#) and [E-cigarettes: To Vape or Not to Vape?](#)

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MOVIES INFLUENCE KIDS. MAKE THEM SMOKE-FREE

The More Kids and Teens See Smoking in Movies, the More Likely They are to Start Smoking

HELP MAKE MOVIES BE SMOKE-FREE

Get the Facts

- Learn more about how movies influence youth by visiting smokefreemovies.ca

Talk it Out

- Talk to your friends and family about the issue of smoking in movies. Visit mediasmarts.ca for tips about how to help kids understand messages that they receive in the media.

Set Limits

- Be more media aware at home by setting parameters on media content your child is watching



For More Information, Watch and Share the Following Video:

[The Power to Change: Make Movies Smoke Free](#)

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IS THIRD-HAND SMOKE REAL?

Third-Hand Smoke is Very Real

Third-hand smoke includes the toxic chemicals from tobacco smoke that are left behind, even after the cigarette, cigar or pipe has been put out. These chemicals get trapped in your hair, skin, fabric, carpet, furniture and toys for days after a cigarette is put out. It builds up over time, long after the smoke can no longer be seen or smelled. Opening a window or running a fan/air purifier will not get rid of tobacco smoke.



IF YOU SMOKE, PROTECT THOSE CLOSE TO YOU

- Keep your home and vehicle smoke-free
- Smoke outdoors and away from entrances or windows
- Wash your hands after smoking
- Wear a jacket or layer of clothing that can be removed after smoking before going into your home

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SECOND-HAND SMOKE AND YOUR PET

How Second-Hand Smoke Affects Pets

Tobacco products can be harmful to pets when they breathe in second-hand smoke. Pets also take in the toxins from third-hand smoke when they lick their fur or pick through their feathers. Second-hand and third-hand smoke can affect your pet's health in the following ways:

DOGS	CATS	BIRDS	OTHER HEALTH PROBLEMS
<ul style="list-style-type: none">• Lung cancer• Nasal cancer• Allergy	<ul style="list-style-type: none">• Oral cancer• Lymphoma	<ul style="list-style-type: none">• Lung cancer• Pneumonia	<ul style="list-style-type: none">• Eye irritation• Skin irritation• Heart problems

Symptoms of Nicotine Poisoning in Pets

Nicotine poisoning can happen when pets ingest tobacco products such as cigarette butts, cigars, chewing tobacco or nicotine replacement therapy products. For example, if a pet ingests one cigarette or one cigar this can potentially be life threatening. Symptoms of nicotine poisoning include:

- Excitation
- Increased salivation
- Panting
- Vomiting
- Diarrhea
- Muscle weakness
- Twitching
- Collapse
- Increased Heart Rate
- Heart attack



HOW TO KEEP YOUR PET SAFE

- Quit smoking
- If you are not ready to quit, cut down
- Make your home and car smoke free
- Wash your hands after smoking and before touching your pet
- Ask others not to smoke around your pet
- Keep ashtrays clean
- Keep tobacco and nicotine products out of the reach of pets

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