

# SECONDHAND SMOKE AND THE HEALTH OF YOUR FAMILY



## Make your home and car smoke-free



# MAKE SMOKING HISTORY<sup>®</sup>

Partner:



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

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



# Secondhand smoke is dangerous

## Everyone knows that smoking is bad for people who smoke, but did you know:

- Breathing smoke from someone else's cigarette, pipe or cigar can make you, your children and your pets sick.
- Smoking inside a home or car is 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, ear infections and breathing problems such as asthma.
- Secondhand smoke is also linked to Sudden Infant Death Syndrome (SIDS, also known as cot death).
- Secondhand smoke causes lung cancer, heart disease and stroke.
- Children who live in homes where people smoke are more likely to take up smoking. They are also more likely to get lung cancer.

## Protect your family

- Make your home and car smoke-free.
- Ask family, friends and visitors to not smoke inside your home or family car.
- If you smoke, only smoke outside and away from doors and windows.
- To remind others, place smoke-free stickers around the home, on your car or on your pram.

## Where to get help to quit

- Ask your doctor or health worker for ways to help you or a family member to stop smoking.
- Call the **Quitline** on **13 7848** for free information, 'Quit kits' and confidential counselling.
- Visit **[makesmokinghistory.org.au](http://makesmokinghistory.org.au)** for more information.

## Remember

- Since 2010 smoking has been banned by law in or on vehicles in Western Australia if a child aged 17 years or younger is present.
- Keeping a smoke-free home and car can help improve your health, the health of your children and your community.