

# We made the choice to protect our kids

## Why Mike Made a Change...

I used to smoke with my cigarette hanging out the car window, but one day ash blew in the back and hit my son, Seth, in his face. I figured if ash could blow in, then smoke could too. It's my job as a Dad to protect my kids, so I made it a rule to never smoke in my car, and nobody else can either. I detailed it to get the smell out, and to keep me motivated to keep it clean. Seth told me how great it was that my car didn't smell bad anymore. He keeps asking me to quit, but I'm not ready yet. No smoking in the car I can do, even when he's not with me. I feel better about keeping my family protected from cigarette smoke, even though I'm still smoking.

## Tracy's Story

I quit smoking both times I was pregnant but started again after I had my kids. I felt so stressed and tired all the time. I just couldn't give up my cigarettes, but I didn't want to hurt my children. So, my husband and I decided to stop smoking inside our home. We cleaned all our furniture, rugs, curtains, floors and walls to get rid of as much of the poison from secondhand smoke as we could. Now we take turns watching the kids so we can go outside and smoke away from them. When they take naps I use the baby monitor to listen while I smoke outside. It has been hard sometimes to wait to smoke, and my mother complains that I make her smoke outside when it is cold. I've explained that even standing by a window or fan doesn't keep the air free of smoke. My family and friends respect our rule to never smoke in our home and car. I feel good about protecting my kids from the poisons in secondhand smoke and know that I'm doing the best I can do - for now - by keeping a completely smoke free home and car.

Smoking ONE cigarette in a room makes the air quality 10 times worse than the Environmental Protection Agency's Safe Air Level

Smoking just ONE cigarette in a car with the window OPEN pollutes the air to make the air quality unsafe, TWO times worse than the safe level!

GROWNUPS SHOULD NEVER Smoke



AROUND KIDS

IF THEY HAVE to Smoke they SHOULD Go OUTSIDE



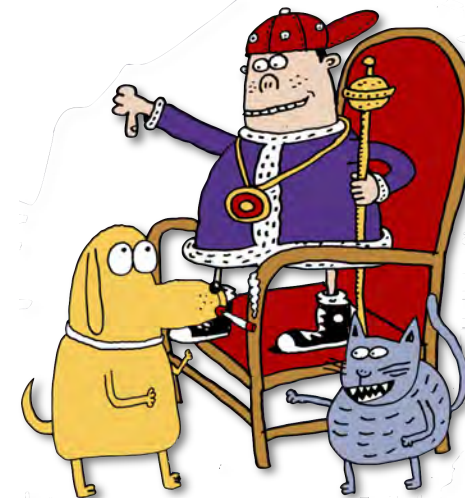
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AMERICAN ACADEMY OF PEDIATRICS  
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# Why it's best to RULE IT OUT



## and keep a 100% Smoke-Free Home and Car Rule

## Information for Smokers

# FACTS

**Secondhand SMOKE is made up of 4,000 chemicals including more than 50 that cause cancer.**

- The smoke that kids breathe in from the lit end of the cigarette is even more toxic than what the smoker inhales.
- The small particles and poisonous gases from smoke land on nearby surfaces, walls, and clothes, polluting the room long after the cigarette is out and the smoke has cleared from the air...

**Secondhand SMOKE is more harmful to children than adults:**

- Kids breathe faster and have smaller lungs, so they take in more smoke poisons in each breath for their size than adults do.
- Children are actively growing and developing - secondhand smoke damages children's developing lungs and immune system.

**Secondhand SMOKE contains irritating particles and poisons that lead to health problems:**

- Chronic cough, wheezing, asthma and more poorly controlled asthma
- Lower respiratory infections and ear infections
- More doctor visits for these problems

**Secondhand SMOKE causes immediate and long-term harm:**

- The risk of SIDS (Sudden Infant Death Syndrome) is much higher in infants exposed to secondhand smoke.
- Exposure to secondhand smoke in childhood has been linked to a higher risk of cancer in adulthood.

Poisons from cigarette smoke settle on floors and furniture in spaces where someone has been smoking. It can take days or weeks for these to disappear. Opening a window does not take the poisons away. In the meantime, kids breathe them in while playing on the floor, or sitting in their carseat. Repeated smoking in a room or the car increases the amount of poisons left behind...



There is **NO SAFE LEVEL** of exposure to secondhand smoke or the poisons left behind. Even a little can damage growing lungs. Is it worth the risk?

## What You Can Do...

The **BEST** way to completely protect your loved ones is to **QUIT**, and keep a 100% Smoke Free Home and Car Rule.

**Not** ready to quit? You can still make the **choice** to protect your family's health.

- Take it outside, always: Make a 100% Smoke Free Home and Car rule for everyone and stick to it!
- Talk to your family and friends and make sure they know the rule. Tell them you only smoke outside because you know that **ANY** secondhand smoke is harmful, and it's not just the smoke you can see that can cause a problem. Share the information from your child's doctor's office.
- When you smoke outside, try to wear something (shirt/jacket) that you can take off before you come back inside so that the smoke particles stay away from your kids. Remember to wash your hands.
- Talk to your doctor about ways to help you never smoke in your home and car.
- Use Web Resources for quitting to help you: the same tips to quit can help you avoid smoking. One good site is [www.becomeanex.org](http://www.becomeanex.org)
- Call the Free Quitline (1-800-QUIT-NOW) for support and ideas to help you never smoke in your home and car.
- Beat your smoking triggers by planning ahead:
  - Figure out when and where you smoke, and make changes to help you avoid smoking.
  - Keep gum or hard candy handy.
  - Try Nicotine Replacement gum or lozenges to avoid smoking.
  - Change your pattern: If you need to smoke, do it before you drive or after you arrive.
  - Set up a smoking place outside: keep ashtrays, lighters and cigarettes outside (and away from children).
  - Use the 100% Smoke Free Home and Car reminders to let everyone know about your choice for a healthier family!