

IF PEOPLE YOU KNOW SMOKE

Ask the smokers in your life for help. Get open about the steps you are taking to protect your child such as keeping your home and car smoke free. Refrain from arguing, and let them know you are not asking them to quit smoking. In fact, most smokers want to quit but they may not be ready. Ask other people who care for your child to help protect your child from smoke.



ADDITIONAL RESOURCES

American Academy of Pediatrics
www.aap.org

American Lung Association
www.lung.org



CONTACT US

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DON'T SMOKE HERE!



PROTECT KIDS FROM
SECONDHAND SMOKE





BEFORE YOU LIGHT
UP, LOOK DOWN.

YOUR CHILD AND SMOKE.

When someone smokes near your child, your child smokes too. Your child breathes in poisons from the smoke. These inhaled gases can cause and/or worsen conditions such as asthma or can cause symptoms such as colds, flu, or ear infections.

Your child learns from you.

- If you smoke, quit.
- Support friends and family who want to quit.

TALK. TEACH.

CONVERSATION IDEAS

- "Smoking hurts people's health."
- "Some adults smoke. It's hard for them to quit."
- "I don't want you to be around smoke."
- "I'll keep you smoke-free."
- "I don't want you to ever smoke because..."

TEACH YOUR CHILD

You can teach your child to stay away from smoke. Let them know that they should be polite when letting someone know that smoke bothers them. If they have to, they may leave to get away from smoke.

KEEP YOUR HOME SMOKE FREE.

- Ask friends and family not to smoke around your child.
- Put "no smoking" signs in your home.
- Put away any ashtrays and cigarette lighters, or ashtrays outside.
- Ask smokers to smoke outside.

KEEP YOUR CAR SMOKE FREE.

- 2008 California State Law made it illegal to smoke in cars (both parked and operating/driving) in which any one of the occupants is a minor. The law is spelled out in California Health & Safety Code Section 118948(a). A violation is treated as an infraction, punishable by a fine of up to \$100 for each violation.

AVOID SMOKE IN PUBLIC PLACES.

- When you can, choose businesses that don't allow smoking.
- Sit in the no-smoking area.
- Ask to move if you are seated near smokers.