

What is **secondhand smoke?**

Every time you smoke and you're with your children, they breathe in the tobacco smoke you breathe out and the smoke from the burning cigarette.

They breathe in the same dangerous chemicals as you.

Health problems from secondhand smoke

Babies and young children have small and delicate lungs.

Tobacco smoke can harm them.

Babies who breathe in secondhand smoke are more likely to have:

- weaker lungs
- serious chest infections
- wheezing illnesses
- to go to hospital.

They are also more likely to die from cot death (Sudden Unexpected Death in Infancy or SUDI).

Children of all ages are harmed by secondhand smoke.

They are more likely to develop serious illnesses, such as:

- asthma
- glue ear (a swelling or infection of the ear) – a common cause of hearing loss and surgery
- meningococcal disease – in some cases this causes hearing loss, loss of a limb, mental disability or death.

Children who breathe in secondhand smoke are more likely to:

- have weaker lungs
- wheeze, cough, cough up phlegm
- become breathless more easily
- miss school because they are sick
- begin to develop heart disease.

If your child is going to have surgery it is very important to protect them from secondhand smoke. Secondhand smoke increases their risk of breathing difficulties during surgery.

The more heavily you smoke around your child, the more likely they will have health problems.



Make your home and car smokefree

The best way to protect your children is to:

- always smoke outside away from your children
- shut windows and doors so smoke doesn't drift inside
- stop smoking for good. When you are ready, Quitline is here to help you.

If you smoke, it is very important not to share your bed with your baby (even if you always smoke outside). Put baby to sleep in a safe cot in your bedroom.

Did you know?

It is illegal to smoke in a car carrying children under 18 years old.



Prevent accidents at home

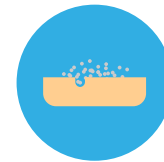
Nicotine is a poison.

Tobacco, tobacco ash and some vaping e-liquids contain nicotine. Babies and children who eat cigarettes or just a butt can become very sick. If they drink or spill e-liquid on their skin, it could make them very sick and even kill them.

Keep out of reach of children



cigarettes & butts



cigarette ash



lit cigarettes



vaping devices*



e-liquid*



lighters & matches

Matches, lighters, lit cigarettes and faulty vaping devices can cause serious **burns, injuries** and **house fires**.

Lit cigarettes and ash have caused burns and **eye injuries** to many babies and children.

Stub your cigarette out completely every time.

**There is not good proof that nicotine vaping products help people stop smoking. Chemicals in vape aerosol have not been tested for safety and inhaling them may harm you. If you vape, children near you breathe in the same harmful chemicals.*

Why you smoke

Physical

Your body wants nicotine and has cravings and withdrawal.



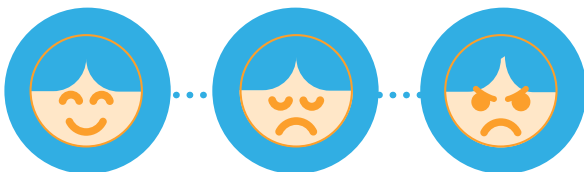
Habits

You link activities with smoking.



Emotional

You link feelings with smoking.



Quitline (13 7848) can help you find ways to cope without smoking. Your doctor or pharmacist can also support you to stop smoking.



What are your reasons to quit?

- My family
- My health
- Feel fitter
- Save money

You are your child's first role model

Parents who stop smoking reduce the likelihood that their kids take up smoking later in life.



Help to stop smoking

For your best chance of quitting: talk with Quitline plus use stop smoking medications.

What is Quitline?

- We are a free stop smoking telephone support service.
- We care and we don't judge.
- We listen and give support suited to your needs.
- We can help you before and after you stop smoking.
- Your call is private and confidential.
- Call Quitline on 13 7848.

Using stop smoking medications

Your doctor or pharmacist can talk to you about which stop smoking medications would suit you best. These include prescribed tablets or nicotine patches, lozenges, mouth spray, inhalator or gum.

Some of these medications will be cheaper with a script from your doctor.

If you are pregnant or breastfeeding, it is important to talk with your doctor before using these medications.



patch



lozenges



gum



inhalator



spray

Call the
Quitline 13 7848

Visit
quit.org.au

QuitTxt

QuitTxt sends you daily SMS messages to help you before and after you quit.

To start, go to **quit.org.au/quittxt**.

Find us on:    

