



CHILDREN HAVE THE RIGHT TO LIVE SMOKE-FREE!

If you want to protect children from second and third-hand smoke, here are some simple ways to do it:

- Keep your house smoke-free.
- Do not take children to places where people are smoking or have smoked.
- Support “no smoking” in public places such as malls, arenas, restaurants and child-care centres.
- Do not allow others to smoke around your children.
- Promote non-smoking as the norm.

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children need to
breathe
more than
you need to smoke

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our goal is healthy children

IF YOU SMOKE, YOU HURT THE ONES YOU LOVE.

Second and third-hand smoke causes health problems for children.



IF YOU WERE A CHILD, WOULDN'T YOU HATE SECOND AND THIRD-HAND SMOKE?

Face the facts. When parents and others smoke around children, it causes serious health problems. You cannot open a window or close a door to make it all go away.

Second and third-hand smoke stays in the air, sticks to your hair and clothes, and gets into all rooms of a house. Even after the smoke clears, it leaves chemicals on many surfaces and continues to hurt children's health.

Children have the right to live in smoke-free environments.

Here are the facts:

- **Sickness.** Children get sick more often if their parents smoke. Children who are exposed to smoke get more colds and sore throats.
- **Ear infections.** Smoking around children can lead to ear infections (Otitis media).
- **Throat Infections.** Children exposed to smoking may get more throat infections, which can lead to tonsillitis (infection of the tonsils).
- **Asthma.** When children are exposed to second or third-hand smoke, they are more likely to get asthma. Smoke also makes asthma symptoms worse.
- **Lung Infections.** When children are around smoke, they are more likely to get bronchitis or pneumonia.
- **Allergies.** Cigarette smoke may worsen allergies in children.
- **Coughing and wheezing.** Cigarette smoke may irritate the respiratory system.
- **SIDS** (Sudden Infant Death Syndrome). Exposure to second and third-hand smoke increases the risk of SIDS.

PARTNERS IN PREVENTION

- GOVERNMENT OF SASKATCHEWAN • KINSMEN TELEMIRACLE FOUNDATION • SASKATCHEWAN ABILITIES COUNCIL • UNIVERSITY OF SASKATCHEWAN • COMMUNITY-AT-LARGE •