

# KEEP THE CAR SMOKE-FREE

## FACTS:

- Secondhand smoke in a car or truck is 23 times more dangerous than in a house, because of the small space.
- Rolling down a window will not get rid of secondhand smoke. In fact, no amount of air will get rid of the harmful effects of secondhand smoke.
- The level of contact with secondhand smoke a person gets in a closed car or truck is like the level of smoke a firefighter would get fighting a fire for 4 to 8 hours.



## WAYS TO AVOID SMOKING IN THE CAR:

- **KEEP YOUR HAND BUSY.** Hold onto a pencil, paper clip, water bottle, or squeeze ball. These are good substitutes to satisfy the need to have something in your hand.
- **PUT SOMETHING ELSE IN YOUR MOUTH.** Keep other things close by to put in your mouth when you are craving a cigarette. Chew sugar-free gum, snack on a carrot or celery stick, hard candy or sunflower seeds. Even chew on a toothpick.
- **KEEP YOUR MIND BUSY.** Listen to books on tape or your favorite music when in the car.



## Secondhand Smoke and Your Health

**Asthma** Secondhand smoke can cause worse asthma attacks and can cause them to happen more often.

**Heart Disease** Daily contact with secondhand smoke increases the risk of heart disease by 25 - 30%.

**Cancer** Secondhand smoke causes around 3,400 cases of lung cancer each year in people who do not smoke.

### For Babies & Children

- Babies and children breathe faster than adults and take in more secondhand smoke.
- A baby has a greater possibility of sudden infant death syndrome (SIDS) if the mother, father or another caregiver smokes.
- If a woman smokes while she is pregnant or is often around secondhand smoke, her child will have a greater chance of developing health problems.

# KEEP THE HOME SMOKE-FREE

## FACTS:

- In the home is where children spend more time surrounded by secondhand smoke.
- Secondhand smoke moves from one room to another, even if the door is closed.
- The toxic chemicals in secondhand smoke cling to rugs, curtains, clothes and other materials and can remain in a room for months.
- Some studies have shown that secondhand smoke can cause cancer in both cats and dogs.



## WAYS TO AVOID SMOKING IN THE HOME:

- Have a special smoking area outside of the home and away from your family. Keep cigarettes, cigars, pipes, your lighter, your ashtray, etc. there.
- **KEEP BUSY** - Work on projects in the home to keep your mind off of cigarettes.
- **CONSIDER QUITTING** - If you cannot quit, use a nicotine replacement product - many are available both over the counter and with a prescription. Check with your doctor.



## Secondhand Smoke

Secondhand smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe, or cigar and the smoke breathed out from the lungs of smokers. Secondhand smoke has more than 250 chemicals known to be toxic or cancer causing.

There is no healthy level of contact with secondhand smoke.

Only 15% of cigarette smoke is breathed in by the smoker alone - 85% stays in the air for everyone to breathe.

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Web Support: [www.quitlineiowa.org](http://www.quitlineiowa.org) (Iowa) • [www.quityes.org](http://www.quityes.org) (Illinois)



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