

**Don't smoke,
you are poisoning the air
I breathe**



National Committee on Environment and Children's Health

What is **passive smoking**?

It is when someone is forced to breathe air containing tobacco smoke from a smoker and from the burning tip of their cigarette.

Four thousand **toxic** compounds contained in the smoke **can harm your children**

Among them at least **sixty** are known **carcinogens**

The impact on your child might **be immediate or longterm**, appearing later in life

These compounds **can remain** in the air even when the smoke **is not visible**

What are the **impacts**
of tobacco smoke on a **child**?

It increases the chance **of developing cancer**

It makes asthma worse

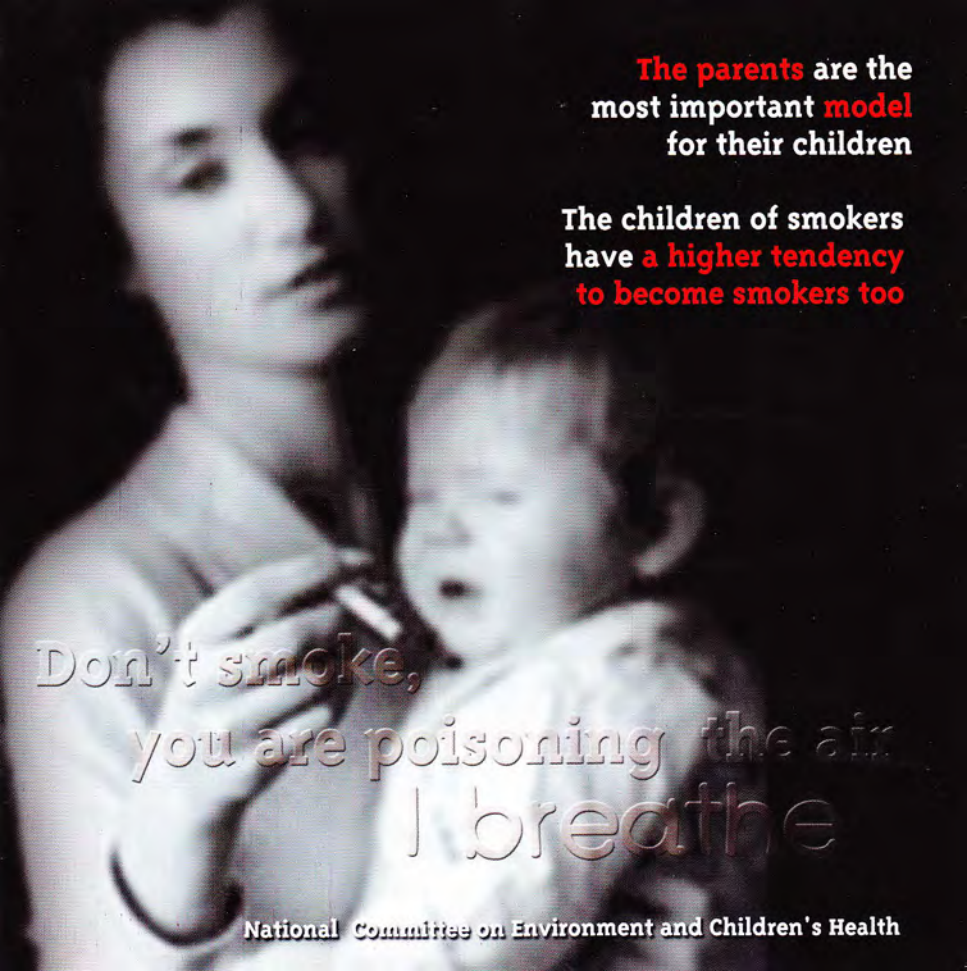
It increases the risk of **Sudden Infant Death Syndrome**

It increases the risk of **middle ear infection**

It increases the risk of **lung infections and**
it can also affect lung function

It increases the risk of **behavioural disorders**

It affects the development of the embryo



The parents are the
most important **model**
for their children

The children of smokers
have a **higher tendency**
to **become smokers too**

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Smoke **travels through the house**
even if you are smoking behind closed doors.

You are not protecting your child by
smoking next to an open window

You are not protecting your child by
smoking **in a room with an air purification system**

The exposure of your children to toxic substances
is even higher if you are smoking in a car

Do not forget that...

**Children spend a lot of time with you.
Most of the time children cannot move away
from smokers, especially you,
because they love and trust you.**

What **you** can do
to protect your children

Stop Smoking Immediately

If this is impossible
at least...

You should never smoke at home

Don't allow anyone to smoke in your home

You should never smoke in the car

Immediately move your children away from smoking areas.

If you are pregnant you must protect your baby.

Don't smoke and avoid smoking areas