



Make Your Car a Smoke-free Zone

Smoking in a small space, like a car, produces dangerous levels of secondhand smoke (containing nicotine and other harmful chemicals) in a short amount of time. Having an open window or running the air conditioner does not clear the air.

All exposure to second hand smoke is unsafe and can cause:

- Eye and nose irritation
- Ear infections and colds
- Asthma, and more frequent and severe asthma attacks
- Heart disease and heart attacks
- Lung and other cancers

Making your car a smoke-free zone protects you, your passengers and pets.

- Do not allow anyone to smoke in your car, even with the windows down.
- Remove the ashtrays and cigarette lighters from your car.
- Offer gum or mints to smokers so they don't smoke. *"I know it is hard for you when you can't smoke, but our car is smoke-free. Could you please wait until you are outside to light up? Would you like some gum for the ride?"*

Tips for making every ride a smoke-free ride

- If the driver is a smoker, ask him or her not to smoke when you or your children are in the car. *"I know this is your car but I would really appreciate it if you don't smoke while I'm here, because it makes it hard for me to breathe."*
- Think about other ways to get to where you need to go. Ask a non-smoker for a ride, use public transportation, or consider walking short distances.
- Teach children how to politely ask people not to smoke around them. *"Could I ask you a favor? Can you please not smoke around me? The smoke really bothers my breathing."*

For Help Quitting Tobacco: www.TryToStopNH.org or 1-800-QUIT-NOW



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org