
Secondhand Smoke and Children

- There is no safe level of exposure to secondhand smoke.
- Secondhand smoke contains over 4000 chemicals, 40 of which are known to cause cancer.
- Secondhand smoke affects a child's health – increasing their chance of ear infections, chronic cough, asthma and respiratory infections.
- Secondhand smoke from cigarettes, cigars or pipes affects a child's behaviour and learning.
- The best way to protect your family from secondhand smoke is to make your home, vehicle, and childcare smoke free.
- Did you know? It is illegal to smoke in a vehicle in Saskatchewan, when a child under the age of 16 is present.
- Children whose parents smoke are twice as likely to become regular smokers themselves.
- Remember that children model what they see their parents doing – the best way to prevent your children from smoking is not to smoke yourself.
- For more information on how to quit smoking and making your home smoke free, phone Mental Health and Addictions Services at 306-655-4100, the Smokers' Help-line at 1-877-513-5333, or go on-line at www.smokershelpline.ca and www.makeapact.ca.