OKE-FREE HOM



FACTS ABOUT SECOND-HAND SMOKE

Pledge

What is second-hand smoke?

Second-hand smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar, and the smoke exhaled from the lungs of smokers.

What are the health effects on children?

In children, exposure to second-hand smoke causes:

- Sudden Infant Death Syndrome (SIDS)
- •Low birth weight
- Bronchitis, pneumonia and other respiratory diseases
- Ear infections
- Greater risk of asthma, with more severity and frequency of attacks

What are the health effects on adult non-smokers?

- •Known cause of lung cancer
- Increased risk of heart disease
- Nasal sinus cancer
- Miscarriage
- Breast cancer and cervical cancer
- Respiratory infections

What actions can you take to decrease the risks to you and your family?

- Make your home and vehicle smoke-free
- Tell caregivers, including family, not to smoke around your children
- Support smoke-free public places
- Until you can quit, choose to smoke outside.
- Encourage your family and friends to quit.
- If your children are too young to be left indoors while you go out to smoke, take them for a walk or outdoors
- •Let your elected officials know that you support a 100% ban on smoking in indoor public places.

Benefits of a smoke-free home:

The greatest benefit is that you will remove the health risks to your family associated with second-hand smoke. Your home will also smell better, cleaning will be easier and even your pets will be happier!

For information on quitting, call the Smoker's Help Line, toll-free: 1-877-513-5333

(The Smoke-Free Homes Pledge is sponsored by Smoke-Free Kings)

I (please print)	hereby pledge to maintain a 100% smoke-free home and
vehicle to protect my family from the risk	ks of second-hand smoke. ———————————————————————————————————
Mailing Address: Street: Province:	Town:
	Postal Code:
Telephone Number: ()	
E-mail:	
I am: Male 🗆 Female 🖵	Age(must be over 18)
How many people are in your household	? ———
Does anyone in your household currently	y smoke? Yes 🗖 No 🗖
How many children under the age of 18	live in your home?
Where did you hear about the Smoke-Fro	ee Homes Pledge?
If you have received this pledge through	your child's school, please indicate your child's name and grade:
Name of child	Grade

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