



Passive smoking

When a non-smoker breathes in tobacco smoke it's called passive smoking.

About 85% of the smoke in an average room where people have been smoking is passive smoke. This smoke affects both smokers and non-smokers.¹

Passive smoke:

- Is more dangerous for young children than adults because their lungs are still developing.
- Causes bad chest infections, slower lung growth and more asthma attacks in young children.
- Irritates young children's eyes, ears and throats.

Avoiding passive smoking

Your child is learning some ways to avoid passive smoking including asking adults not to smoke around them. This is something that your child may find hard to do.

If you are a smoker, please try not to smoke around young children.

If you don't smoke, you can keep young children safer around passive smoke by letting friends and relatives know you don't want anyone smoking in the house.

You might like to talk with your child about ways that the amount of passive smoke in your house can be reduced or eliminated.



	Yes	Not yet
Our house is a smoke-free zone.		
We have some rooms in our house that are 'smoke free'.		
We have 'no smoking' stickers in some rooms of our house.		

¹ Fielding, J.E., Phenow, K.J., Health effects of involuntary smoking. *New Engl JMed* 1988; 319: 1452-1460.

Thank you for playing a vital role in your child's health and drug education.

