

# Smokefree Cars and Child Health



Tobacco smoke exposure has dangerous health effects. There is no safe level of exposure to tobacco smoke.



Smoking in a car causes substantial tobacco smoke exposure to children and other passengers, even if the windows are open.



Smoke stays inside the vehicle long after a cigarette is extinguished. Particles from the smoke settle on car seats, seatbelts, and other surfaces.

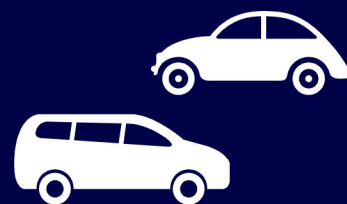


Children who are exposed to tobacco smoke are at higher risk of ear infections, respiratory infections, and other illnesses.



The best way to protect your children is to keep your car 100% smokefree at all times: whether or not your children are inside it.

## Tips for Keeping a Smokefree Car



1. Never allow anyone to smoke inside your car.
2. Talk to your family and friends to be sure they know the rule.
3. Remember that opening a window isn't enough to protect passengers from secondhand smoke.
4. Only smoke outside, in designated smoking areas.
5. If your car has an ashtray, use it to store spare change or other items.
6. Plug a cellphone charger into your adapter outlet, so you're not tempted to use it as a lighter.
7. Store cigarettes in the trunk, out-of-reach, while you drive.
8. Consider putting a decal on your car to remind passengers that smoking is not allowed.
9. Talk to your child's pediatrician about ways to quit smoking.
10. Call 1-800-QUIT-NOW for support with quitting tobacco for good.
11. Make sure that anyone who transports your children keeps a smokefree car, too!