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www.smokefreekings.org

SMOKE-FREE HOMES

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 to play.
- 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)

SMOKE-FREE HOMES PLEDGE:

I (please print) _____ hereby pledge to maintain a 100% smoke-free home and vehicle to protect my family from the risks of second-hand smoke.

Date _____ Signature _____

Mailing Address: Street: _____ Town: _____
Province: _____ 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 smoke? Yes No

How many children under the age of 18 live in your home? _____

Where did you hear about the Smoke-Free 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 _____

For a free Smoke-Free Homes kit, mail your completed pledge to Smoke-Free Kings:

23 Earncliffe Ave., Wolfville, NS. B4P 1X4

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