

tpcp fact sheet

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Secondhand Smoke in Vehicles: What you need to know.

Smoking in a car produces dangerous levels of secondhand smoke (containing toxic chemicals) in a short amount of time. **Having an open window or running the air conditioner does not clear the air.**

All exposure to secondhand smoke is unsafe and can cause:

- Eye and nose irritation
- Heart disease and heart attacks
- Ear infections and colds
- Lung and other cancers
- Asthma, and more frequent and severe asthma attacks

Making your car a smoke-free zone protects you, your passengers and pets.

- Make every ride a smoke-free ride.
- Remove the ashtrays and cigarette lighters from your car.
- Offer gum or mints to smokers so they don't smoke.
"I know it is hard for you when you can't smoke, but our car is smoke-free. Could you please wait until you are outside to light up? Would you like some gum for the ride?"
- If the driver is a smoker, ask him or her not to smoke when you or your children are in the car.
"I know this is your car but I would really appreciate it if you don't smoke while I am here, because it makes it hard for me to breathe."
- Teach children how to politely ask people not to smoke around them.
"Could I ask you a favor? Can you please not smoke around me? The smoke really bothers my breathing."

You Can Stop. We Can Help.

The Next Step:

Three Services for People Who Are Ready to Quit
1-800-Try-To-STOP www.trytostophn.org www.BecomeAnEX.org
(1-800-879-8678)