

Did you know...

- After a cigarette is out, second-hand smoke can remain behind in the air, on your clothes, carpet, curtains, car seats and furniture.
- Opening a window is not enough to clear the air.
- Ventilation systems (e.g., home air exchange systems) take away some of the smell or sight of tobacco smoke, but do not deal with the harmful chemicals that are invisible and odourless. This means ventilation may dilute tobacco smoke, but it does not eliminate the health risks.



You CAN Quit!

If you, or someone you know, would like information or help with quitting smoking, contact the Provincial Smokers' Helpline at **1-800-363-LUNG(5864)** or www.smokershelp.net. *It's free, friendly, convenient & confidential!*

For more information on creating smoke-free homes & cars, contact your local public health nurse.

Making Your
Home
and Car
SMOKE-FREE



Go Healthy

