



# Am I already allowed to smoke?





**I am already allowed to smoke.**

**Children when staying inside a room with smokers have to inhale as many toxins from the adults' smoking in the frame of one hour as if they had smoked a cigarette themselves.**

Exposure to passive smoking is at least as harmful if not more harmful than actual smoking. Passive smoke contains more carcinogenic compounds and other poisonous substances than the smoke which a smoker inhales when smoking a cigarette. Children are especially at risk, because in relation to their lower body weight they inhale more air than adults and in this way more toxic fumes which jeopardize their health.

**Prefer to stay in smoke-free places – for the sake of your children's health!**



## **We have fine dust alarm in our car daily.**

**A single cigarette smoked inside a car produces five times as much fine dust in one cubic meter of air than is being measured on an average day of fine dust alarm in open air.**

In addition the concentration of the toxins in environmental tobacco smoke in the limited space inside a car is exceptionally high. To leave the window open when smoking is not an alternative, because even then the level of unhealthy fine dust inside the car equals that of a heavily smoked up bar.

**Abstain from cigarettes when driving your car and make your car a non-smoking area in your own interest- even when there are no children riding with you in the car.**



## **I smoke like a big boy.**

**Children who have been victims of passive smoking show twice as high Cotinin counts (Cotinin is a degradation product of Nicotine) in their bodies as adults addicted to smoking.**

Children are especially vulnerable to second-hand harmful tobacco fumes. A child's body, which is still developing, is less capable of metabolising the inhaled toxins. Children who live with parents who are smokers and therefore in smoke filled rooms and homes as a result suffer from conditions such as headaches, nausea, coughing, stomach aches, concentration- and sleeping disorders. Further long term serious effects in children who are exposed to passive smoke are asthma, pneumonia and bronchitis and other chronic respiratory diseases.

**Protect your children from harmful tobacco fumes and advise smokers not to smoke in the presence of children! In any case do not smoke during pregnancy and also do not smoke in the presence of pregnant women!**



## **I have already smoked 13 cigarettes today.**

**Women who smoke during pregnancy consume on average 13 cigarettes a day and in this way expose their unborn child to the highly toxic substances of 3.600 cigarettes in the course of a pregnancy.**

Consequently, the unborn baby smokes, too. The mother's smoking during pregnancy increases the risk of serious birth defects and lifelong disabilities, preterm delivery and even stillbirth. Babies whose mothers smoked during pregnancy run an increased risk of dying from sudden infant death syndrome (SIDS) as babies of non-smokers. In addition, babies whose mothers smoked during pregnancy undergo withdrawal-like symptoms. The babies of smokers appear to be more jittery, nervous and difficult to soothe. Passive smoking during the time of pregnancy carries with it the same risks and dangers because pregnant women pass on the inhaled toxic fumes to their unborn baby.

**In any case do not smoke during pregnancy and don't smoke in the presence of pregnant women!**



## Even my teddy smokes.

**The toxic substances contained in tobacco fumes are traceable not only in the air we breathe but on and in stuffed animals, pillows, carpets, curtains, clothes and other fabrics. The absorbed smoke fumes eventually release back into the air we breathe, a continuous cycle.**

To limit smoking inside a room to the times when the baby or the child is not present, therefore, is not an acceptable solution and does not protect the health of the child. Opening the windows to air the room also is not enough. In order to remove the tiny particles in the fumes from the ambient air a hurricane would have to pass through your home.

**Even cold smoke is harmful. Therefore, try to make your home a completely smoke-free area!**



**I have just had my first cocktail.**

**The fumes inhaled through passive smoking are very similar in composition to those inhaled when smoking a cigarette. Without being given a choice, children subjected to passive smoking, therefore, have to inhale the same poisonous chemical cocktail as smokers.**

Tobacco fumes contains 4.800 different chemical compounds, among them a mix of more than 250 highly toxic and/or carcinogenic substances. Here are some of the most toxic which nobody would knowingly consume: Arsenic and hydrocyanic acid (both substances are used in rat poison), ammonia (used in detergents), carbon monoxides (to be found in car exhausts), Formaldehyde (a carcinogenic poison used in disinfectants) and the radio-active isotope Polonium 210, to name a few.

**Be selective in your choice of restaurants. Only take your children to smoke-free cafes, restaurants and other smoke-free public places.**



We all want to protect our children from danger and make sure that they grow up in a healthy environment.

**Pay attention to a smoke-free environment!**

**Help to Help yourself at:**

**[www.rauchfrei-dabei.at](http://www.rauchfrei-dabei.at)**

- Interesting facts and pictures as well as further information on the topic passive smoking,
- a list of all smoke-free restaurants in Styria,
- contact information of all support services for quitting smoking in Styria,
- self-help materials available for download,
- information and offers for preventive measures in the family may be found here

Every child needs to have healthy parents.

**Do your child the favour and quit smoking now!**

**STGKK-Helpline: 0316 8035-1919**

(Mo–Fr: 10 AM–12 AM, Tue: 2 PM–4 PM)

- Information on Counselling- and offers on smoking cessation in Styria
- Register for the seminar »Smoke-free in 6 weeks« and for individual smoking cessation counselling.
- Information and Registration for the smoking cessation offer »Smoke-free pregnancy- a smoke-free start of life«

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