

## Did you know?

The smoke from one cigarette can stay in a room for hours, even if a window is open. Many of the toxic chemicals remain in the air as well as in the carpets, curtains, furniture, and clothes. The smoke that remains on these surfaces and on clothes is called *third-hand smoke*. Just like tobacco smoke, e-cigarette vapour sticks to clothes, furniture, and other surfaces creating *third-hand vapour*.

Because babies and children crawl on the floor and place their hands in their mouth, they are exposed to more thirdhand smoke and vapour chemicals than adults.



CC0/froot/Pixabay.com

*What steps can you take to minimize your child's exposure to second-hand smoke?*

For tips on creating a smoke-free home, visit [www.smokefreehousingbc.ca](http://www.smokefreehousingbc.ca).



## To help you meet your health goals

QuitNow is a helpful, free resource. They can help you stop smoking or vaping and remain smoke and vape free.

To get support and more information...



Services include coaching by phone and live chat, text and email tips programs and access to a supportive community of peers.



[www.quitnow.ca](http://www.quitnow.ca)



Call 1-877-455-2233

## Having trouble reducing or quitting?

Speak to your doctor, midwife, or nurse practitioner about the benefits of Nicotine Replacement Therapy (NRT).

Free NRT (gum, lozenge, or patch) is available to any British Columbia resident. Talk to your local pharmacist.



[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

Catalogue #255473 (December 2023)  
For more copies: [patienteduc.fraserhealth.ca](mailto:patienteduc.fraserhealth.ca)

## Clean Air for My Child and Me



CC BY-NC-SA 2.0 Alec Couros/Flickr.com

**A smoke-free and vapour-free home and car help you and your loved ones breathe easy**



## Smoking and Pregnancy...

*Thank you for reading this!*

Many women begin to think about the benefits of quitting smoking or reducing their tobacco use while pregnant.

We care about your health and understand that it can be hard to reduce or quit smoking, especially if you may be facing a personal challenge or stress.

**Every quit attempt is a success.  
It should be celebrated.  
Every attempt moves you closer  
to quitting for good!**

### Consider the benefits of quitting

Consider some of the many benefits of quitting or reducing your tobacco use while pregnant:

- ✓ Baby gets more nutrients and oxygen through the placenta.
- ✓ Baby's heart rate does not get faster from nicotine.
- ✓ Baby has less chance of delivering early and having a low birth weight.
- ✓ Baby has less chance of being born with a birth defect.

*Can you imagine your life smoke-free?  
What steps can you take now to cut  
down or quit?*

### Did you know?

E-cigarettes can contain nicotine and can be as addictive as regular cigarettes. Also, the vapour from e-cigarettes, like regular cigarettes, contains chemicals that can harm you and your baby's lungs.

### If you quit during pregnancy... Keep it up!

The stresses of life and caring for a newborn can prompt some women to go back to smoking after giving birth. Be gentle with yourself as you continue to find healthier ways to practice self-care.

Seek support if necessary.

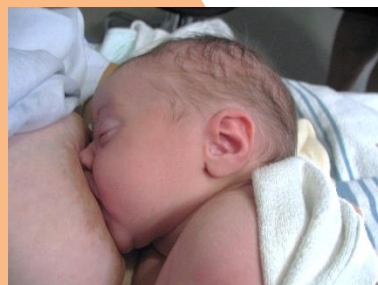
*What healthier alternatives to  
smoking do you find helpful?*

### Breastfeeding

Breastfeeding has many health benefits for both to you and your baby, even if you are not able to quit or reduce tobacco use.

Smoking can reduce your milk supply. Reducing or quitting tobacco will help you:

- Meet your breastfeeding goals.
- Protect baby from being exposed to nicotine passed through breast milk.



© Fraser Health



CC0White77/Pixabay.com

### Make a smoke-free and vapour-free home and car your priority.

Babies' and children's lungs are very vulnerable to the thousands of harmful chemicals released into the air from second-hand smoke and vapour. Second-hand smoke is any smoke you breathe out or the smoke rising from the burning end of tobacco products and marijuana. Second-hand vapour is the vapour exhaled when using an e-cigarette.

Babies and children who breathe second-hand smoke are more likely to:

- Die from SIDS (Sudden Infant Death Syndrome).
- Suffer from ear and lung infections.
- Get asthma and have asthma attacks more often and be more severe.
- Suffer from chronic coughing, wheezing, and breathing problems.

Creating a smoke-free and vapour-free home and car is good for your family's health.