

Respect children

Help Me to
Breathe Free

Facts about Secondhand Smoke

- Secondhand smoke is what smokers breathe out. It contains cancer-causing chemicals.
- Because their small bodies, lungs, and brains are still developing, unborn babies, infants and children are more at risk from the dangers of secondhand smoke.
- Children who breathe secondhand smoke are more likely to get colds, allergies, asthma and ear infections. Babies of parents who smoke are twice as likely to die from Sudden Infant Death Syndrome (SIDS).
- Children of smoking parents have 70% more respiratory (breathing) problems, are hospitalized more often, and miss more days of school than children not exposed to smoke.



Breathe Free North

*Together we're protecting our
children from secondhand smoke*



NorthPoint Health & Wellness Center
Community Center
of Excellence (CCOE)
in Women's Health



NORTHPOINT
Health & Wellness Center



1315 Penn Ave N., Minneapolis, MN 55411

612-596-7591 / 612-348-4700

www.breathefreenorth.org



**Protect and respect
children by making
your car and home
SMOKE-FREE**

Breathe Free North

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children from secondhand smoke*

See inside for free help and resources

Protect and Respect

Thank you for not smoking around children



By pledging to keep your car and home smoke-free, you are **protecting our children from dangerous health problems** caused by secondhand smoke. Cars and homes that are smoke-free **respect children's need to breathe clean air**, and respect people who choose not to smoke or who have lung ailments.

Working together, Breathe Free North — a community program to protect children from secondhand smoke — **offers free help and resources** for people who want to make their cars and homes smoke-free.

Secondhand Smoke is Dangerous for Children of All Ages

From toddlers to teenagers, **secondhand smoke is dangerous for children of all ages**. It is also dangerous for adults. Even pets are harmed by secondhand smoke.

No Exposure to Secondhand Smoke is Safe

Secondhand smoke is harmful for everyone, especially for children and people with asthma or other respiratory illnesses. Fans, vents, smokeless ashtrays, opening windows or smoking in another room **do not protect children** from secondhand smoke. Smoke lingers in enclosed spaces for days or weeks. No amount of smoke inside a car or home is safe.

Free Yourself from the Smell and Mess of Smoking in Cars and Homes

Nearly everyone finds smoky cars and homes unappealing. When you choose to keep your car and home smoke-free, you free yourself from the unpleasant odor and ongoing mess of tobacco.

Pledge Today to Make Your Car and Home Smoke-free

Make a commitment today to protect all our children from the dangers of secondhand smoke. Politely ask smokers to respect your choice and either not smoke or step outside to smoke.



Free Help and Resources are Available

A NorthPoint Community Health Worker will meet with you for free one-on-one counseling to help you develop a plan to make your home and car smoke-free. They'll also provide tips on how to talk with friends and family about working together to protect children from secondhand smoke. Call a Community Health Worker today at 612-596-7591 or 612-348-4700.

Together we can protect and respect children by making our cars and homes smoke-free.