

Help Me to
Breathe Free



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

Breathe Free North

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

See other side 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.

Secondhand Smoke is Dangerous for Children of All Ages

From toddlers to teenagers, **secondhand smoke is dangerous for children of all ages.**

No Exposure to Secondhand Smoke is Safe

Fans, vents, smokeless ashtrays, opening windows or smoking in another room **do not protect children** from secondhand smoke.

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

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 and provide tips on how to talk with friends and family about working together to protect children from secondhand smoke.

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, are hospitalized more, and miss more days of school.

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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