

Make your car smoke-free.



You wouldn't take me to a smokey bar?

Please don't put me in a smokey car!

Smoking just one cigarette for five minutes in a car can create levels of second-hand smoke similar to those found in the smokiest bars!

Did you know that ...

Children exposed to second-hand smoke are at greater risk for:

- **Sudden Infant Death Syndrome (SIDS)**
- **Colds, bronchitis and pneumonia**
- **Asthma and allergies**
- **More trips to the hospital**
- **Cancer and heart disease as adults.**

Opening a window is not enough.

Pick up smoke-free home and car decals at your local Hastings & Prince Edward Counties Health Unit office.

Health Unit



Hastings &
Prince Edward Counties