

Protect your family from tobacco smoke.



Smoke-free Living Starts Here

Protect your loved ones from secondhand smoke.

Exposure to secondhand smoke can be harmful to health. Making your home and vehicle smoke-free is one of the first steps to protecting your family from secondhand smoke.

What is secondhand smoke?

Secondhand smoke is made up of:

- Mainstream smoke – smoke exhaled by smokers.
- Sidestream smoke – smoke from the burning tip of a cigarette, which makes up 85% of the smoke in a smoky atmosphere.

Secondhand smoke: The damage in just minutes

Secondhand smoke contains 4000 toxins, of which over 60 are cancer-causing. You may consciously keep these chemicals out of reach of your children, but lighting up a cigarette is all it takes to expose your loved ones to these toxins.



Is my child at risk?

Secondhand smoke affects everyone, but babies and children face higher risks because they are still growing and developing. They also breathe more rapidly and therefore inhale more pollutants than adults. When exposed to secondhand smoke, these babies are at a higher risk of cot death.

Babies and children exposed to secondhand smoke are more likely to suffer from:

- Asthma attacks • Chest infections • Ear infections

The Blue Ribbon Smoke-free Movement

It aims to create more smoke-free spaces nationwide. Be a part of the Movement and protect your family from the harms of tobacco smoke.

Keep your home smoke-free:

- Opening windows and doors isn't enough to protect you or your family from secondhand smoke. The toxins stick on surfaces such as sofas and carpets, as well as clothing and hair. Young children may get into contact with them when they play or crawl, or while being carried by a smoker.
- Don't keep any ashtrays or cigarettes in your home.
- If you have family members or friends who smoke, ask politely that they don't light up in and around your home. Instead, encourage and help them to quit.
- If your neighbour's secondhand smoke is bothering your family, inform them politely. You may also approach your residents' committee (HDB), neighbourhood committee(private) or MCSTs (condo) to resolve the issue amicably.

Keep your vehicle smoke-free:

- Levels of secondhand smoke in vehicles can be extremely high because of the limited area for airflow.
- Smoking in a vehicle with the window open is not enough to protect your loved ones, especially children, against secondhand smoke.
- Avoid smoking in your vehicle. Have some sugar-free sweets while driving to distract you from smoking.

Need help?

If you or your spouse smokes, your child's health can be affected. He or she is also more likely to become a smoker.

Where there's a will, there's a way. For help to stop smoking:

- Call **QuitLine** at **1800 438 2000** (toll-free and confidential)
- Download the **iQuit app** (available on both **Android** and **iPhone**)
- Join the **I Quit Club on Facebook** (www.iquitclub.sg)
- Or visit hpb.gov.sg/smokefree