

## How can you protect other people from second-hand smoke?

- Never smoke in the house
- At home set up an outdoor area where people can go to smoke
- Do not let children hang around a smoking area
- Put up signs to let people know where they can smoke
- If you are visiting – ask where you can smoke. People will like you showing respect for them and their family
- Remember its up to you, because people may feel too shame to ask you not to smoke near them



If you're thinking about **quitting or cutting down** on smokes there are a lot of people who could help you with this

- Doctor or GP
- Nurse
- Chemist
- AMS Health Worker
- Tobacco Cessation Worker
- Other people who have quit
- Family and friends
- Quitline counsellor

Quitline is a confidential 24/7 telephone service. This means you can call Quitline anytime and choose to speak to a professional counsellor.

Local Contact:



# Quitline 13 7848



Government of Western Australia  
Drug and Alcohol Office

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Funded by the Australian Government  
Department of Health and Ageing

Illustrations: Patrick Bayly  
DAO 0019 11/2011



Quitline  
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Quitline 137848

# Protecting your family and friends from second-hand smoke

## What's in a cigarette?

Cigarettes can contain around 1000 different chemicals – some of them are really toxic.



Everybody knows smoking is harmful and every smoke you have causes damage to your body. But did you know that your cigarette smoke can also harm the health of your family and friends who inhale it?



## What is second-hand smoke?

There was a time when people smoked just about anywhere.



But now we know when you smoke the smoke from the cigarettes can be even more harmful to the people around you who breathe in that second hand smoke.

This is sometimes called passive smoking, and the smoke is called second-hand smoke, environmental tobacco smoke or side-stream smoke. It contains many of the toxic chemicals which were filtered out by the cigarette filter.



## A lot of our people are giving up smoking



and most people who do smoke try to do it in areas away from other people.



If you choose to smoke please respect your family, friends and community members who do not smoke. Smoke from your cigarette can make them really sick.

Take extra care around old people, people with health problems, pregnant women and especially our children.

Be mindful not to smoke around them.

