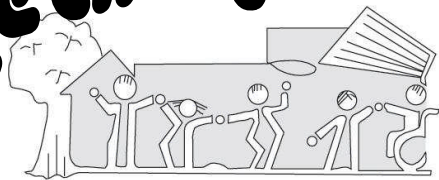


# Health Tips



Building Healthy Schools Together  
Ensemble, bâtissons des écoles en santé

## IS YOUR RIDE SMOKE-FREE?

As of January 21, 2009, changes to the Smoke-Free Ontario Act prohibit smoking or having lighted tobacco in a motor vehicle if any passenger under the age of 16 years is present.

Second-hand smoke in vehicles can be up to 27 times more concentrated than in a smoker's home because of the small enclosed space. There is no safe way to smoke in the car. Whether you keep the window rolled down, blow smoke out of the window, use air fresheners or filters, or only take a few puffs, your children are exposed to the risk of developing serious illnesses. The only way parents can protect their kids from the dangers of second-hand smoke in the car is by not smoking in the vehicle.

Here's how to get started with making your vehicle smoke-free:

- ☞ Talk about it. Hold a family meeting to discuss how you can work together to keep your car smoke-free.
- ☞ Use the ashtray in the car to hold your spare change.
- ☞ Wash and vacuum your car. Clean up your car as much as possible.
- ☞ Display smoke-free signs in your car.
- ☞ Tell all of your passengers that your vehicle is smoke-free.
- ☞ Thank friends and family for helping your car stay smoke-free.

For information, advice or support for quitting, call the Canadian Cancer Society's Smokers' Helpline at 1-877-513-5333 or visit [www.smokershelpline.ca](http://www.smokershelpline.ca) to make your own quit plan.

Sources: The Lung Association (2008); Ministry of Health Promotion (2008); "Smoke-free homes: Steps to make your home", PTCC, Grey Bruce Health Unit, Health Canada



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