

## Information for Parents who Smoke

If you're a parent who smokes, you probably already know that smoking is bad for your health - but it's also important to consider how your smoking affects the health of those around you, especially your kids.

### Quick Facts

- Children who are regularly exposed to second-hand smoke have a higher risk of developing asthma, ear infections, respiratory tract infections, leukemia, and brain tumors.
- On average, children from smoking households miss an extra 6 days of school each year and are twice as likely to start smoking in the future.
- Exposure to second-hand smoke can increase your daughters' risk of getting breast cancer at an early age
- Each year in Canada, more than 1,100 deaths among non-smokers are attributed to second-hand smoke exposure.

### Protect your Family from the Dangers of Second-hand Smoke

- Maintain a smoke-free home and vehicle.
- Be sure not to smoke around your kids, even in open areas.
- Teach your kids about the dangers of second-hand smoke.

***Quitting smoking is one of the best things you can do for your health and your family!***

***It's never too late to quit! You are twice as likely to stay smoke-free with support.***

### Free Nicotine Patches or Gum

If you are interested in 12 weeks of free nicotine patches or nicotine gum to help you quit smoking, call HealthLink BC at 8-1-1.

- Have your BC Care Card number ready and ask for Nicotine Replacement Therapy. You will be provided with a reference number.
- Bring this number to your pharmacy to arrange for your free nicotine patches or nicotine gum! You may be eligible for other smoking cessation medications.

### Free Services in BC from



- **QuitNow by phone:** Call 8-1-1 or 1-877-455-2233 for telephone support and coaching
- **QuitNow by Text:** Free 14-week text message support. Text "QUITNOW" to 654321.
- **QuitNow online:** go to [www.quitnow.ca](http://www.quitnow.ca)
- If you live outside British Columbia, call 1-877-455-2233 for free quit smoking support (24 hours, 7 days a week)