

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
- If you live outside British Columbia, call 1-877-455-2233 for free quit smoking support (24 hours, 7 days a week)