

Protect Your Kids: Keep Your Ride **SMOKE & VAPOR-FREE**



SMOKING & VAPING IN CARS IS DANGEROUS FOR CHILDREN

Quick Facts

- Air pollution in a car in which someone is smoking can reach 10 times higher than the worst outdoor air pollution.¹
- Rolling down a window will not get rid of secondhand smoke. No amount of fresh air will get rid of its harmful effects.²
- Using vaping devices, for which research has shown to contain harmful & cancerous chemicals, can have the same harmful effects as smoking.³
- As of July 1, 2016, it is against Virginia law for a person to smoke in a motor vehicle with a child under the age of eight. Va. Code § 46.2-112.1.⁴

Secondhand smoke & Vapor, causes serious health problems

- There is no risk-free level of *secondhand smoke* exposure. Over 7,000 chemicals are found in a single puff of smoke, including 70 cancer-causing chemicals.
- *Secondhand smoke* can cause respiratory infections in children, slow a child's lung growth, make asthma more severe & put babies at risk for sudden infant death syndrome (SIDS).⁵
- *Secondhand vapor* is NOT "harmless water vapor" & is NOT safe at any level. It is a serious health threat for adults & children.⁶

Thirdhand smoke & Vapor, a hidden threat

- *Thirdhand smoke & vapor* is exhaled by the user, land & stick to surfaces of the car.⁷
- The harmful toxins from *thirdhand smoke & vapor* can remain on surfaces for weeks to months.⁸
- This dangerous "leftover" smoke & vapor contain toxic chemicals & nicotine, that pregnant women, fetuses & children who ride in the car can absorb through their skin or breathe in.⁹

Protect kids from *secondhand & thirdhand smoke & vapor*

- Do not smoke tobacco or vape in the car with children or adults.
- Do not allow anyone to smoke or vape inside your car at ANY time, as even this is dangerous.
- Keep your ride smoke & vapor free!

Take the #757SmokeFreeRide pledge to protect kids.
For more information & resources: www.cinchcoalition.org



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