

Children exposed regularly to second-hand tobacco smoke have 50% greater risk of suffering from respiratory problems like asthma.

Give your family some air,
leave the smoke outside!

Register at

Take
Your
Butt
Outside
.ca

For more information on second-hand smoke
or for help in quitting smoking, dial
1-866-527-7383.

smoke-free
Family

An initiative of:



In partnership with:



Health
Canada

Santé
Canada

LES DIRECTIONS DE SANTÉ
PUBLIQUE DES AGENCES DE
LA SANTÉ ET DES SERVICES
SOCIAUX

Santé
et Services sociaux
Québec

And:



Johnson & Johnson
INC.



Canadian
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Second-hand smoke = DANGER!

- Second-hand smoke contains at least twice as much tar, carbon monoxide and nicotine, 6 times as much formaldehyde and 40 times as much ammonia as smoke inhaled directly by the smoker.
- Second-hand smoke increases the risk of lung cancer and heart attacks.
- The amount of second-hand smoke present in a car can be up to 27 times higher than in a smoker's home.

Hood and company: it just doesn't work!

Ventilation systems, kitchen hoods, air purifiers, windows opened in the house or the ones rolled down in the car cannot effectively get rid of all tobacco smoke. The only way to protect others from second-hand smoke is to **go smoke outside**.

The solution: take your butt outside!

Smoke-Free Family invites Québec families, whether they include smokers or not, to **declare their homes and cars "no-smoke zones."** This is not an anti-smoker campaign, it's an anti-smoke campaign!

Why register in *Smoke-Free Family*?

- To take concrete action and to protect your loved ones, especially your children, from the harmful effects on their health of tobacco smoke (cigarettes, pipes, cigars).
- To join the Québec Smoke-Free Family movement and share your experience on the [TakeYourButtOutside.ca](https://www.TakeYourButtOutside.ca) website.
- To receive emails offering tips and encouragement.
- To be eligible to win one of the prizes offered!

Register at any time at
[TakeYourButtOutside.ca](https://www.TakeYourButtOutside.ca) !