



SMOKE FREE VEHICLES



A guide for parents,
families and carers



Protecting children from
the harmful effects of
SECONDHAND SMOKE

KEEP YOUR CAR **SMOKE FREE** FOR YOUR CHILDREN! 



**Nottinghamshire
County Council**



**Nottingham
City Council**



**Nottingham &
Nottinghamshire
Smoking & Tobacco
Alliance**

The Law

Did you know that it is **illegal** to smoke inside a vehicle with an under-18 present?

Both the driver and smoker can be fined £50.



DID YOU
KNOW?

The law aims to protect children and young people from the harmful effects of **SECONDHAND SMOKE**.

What is secondhand smoke?

This is the smoke from the burning tip of a cigarette and the smoke inhaled and exhaled by the smoker. It is sometimes called passive smoking.

It contains over **4000 chemicals**, with over 50 of them known to cause cancer.

Smoking in a vehicle can generate much **higher** levels of secondhand smoke due to the smaller space which traps the smoke.

80%
OF SECONDHAND SMOKE

DID YOU
KNOW?

is invisible and odourless, so you can't always see or smell it.



Why opening a window or turning on the air-conditioning doesn't help



The levels of smoke can remain high long after a cigarette has been put out. Smoke particles will settle like dust on hard surfaces and become embedded in the upholstery, **including children's car seats**. The particles are gradually released back into the air over time – this is thirdhand smoke.

Opening windows or turning on the air conditioning does not reduce the harm.



DID YOU
KNOW?

Air fresheners hide the smell but **DO NOT** get rid of the harmful chemicals in the air.

How does secondhand smoke affect children?

Secondhand smoke is particularly dangerous for children as their bodies and immune systems are still developing.

Children breathe faster and their airways are smaller, so they breathe more of the harmful chemicals, and it affects them more.



Even short exposure in a vehicle can result in significant harm to their developing lungs and immune systems.

Children exposed to secondhand smoke have increased risk of asthma and other breathing problems.

There are an estimated **22,000** new cases of asthma and wheeze in UK children every year.

There is also increased risk of respiratory infections like flu, bronchitis and pneumonia, ear problems like glue ear and middle ear infections.



Children who grow up around smokers are more likely to start smoking themselves later in life, so it is important to denormalise smoking behaviour by keeping it away from them.



Advice for pregnant women

Breathing in secondhand smoke causes the chemicals to enter your blood and pass to your unborn baby. This can increase the risk of still birth, premature birth, low birth weight and Sudden Infant Death Syndrome.

If you are pregnant, make sure that nobody is smoking in a vehicle if you are travelling in it too. Ask drivers not to smoke in the vehicle or avoid travelling with them.





REMEMBER – it's against the law to smoke in a vehicle with under-18s on board.

It applies to:



any private vehicle with a roof,
even when the windows or the
sunroof are open.



someone sitting smoking in the
open doorway of a vehicle

It doesn't apply to:



vaping in a vehicle



a driver who is 17 years old if
they are on their own



convertible vehicles with the
roof completely down.



THINK

about who your children
travel with and ensure
nobody smokes in a
vehicle when they are in it.

**It's not just the smoker's health
that's put at risk but the health
of those around them.**



**Stopping smoking is the best way
to protect others from secondhand
smoke.**

Get in touch with friendly and professional
stop smoking advisors for FREE support:

For Nottinghamshire County residents:

Your Health Notts
0115 772 2515
www.yourhealthnotts.co.uk

For Nottingham City residents:

Thriving Nottingham
0115 648 5724
www.thrivingnottingham.org.uk



You are **3 times**
more likely to
quit with support

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