

Tobacco smoke is dangerous for children
Do not smoke near children



Children exposed to tobacco smoke

- are more often sick because children's lungs are small and not fully developed
- get more frequent ear infections, coughs and respiratory infections
- get asthma more often and suffer from more severe asthma attacks
- have increased risk of Sudden Infant Death Syndrome (SIDS)



An ear infection being treated by the doctor

Children exposed to tobacco smoke, need to be seen by a doctor more frequently than other children



Child with cough, irritated eyes and asthma



Do not smoke near children at home, or in the car



Not in the living room



Not under the kitchen ventilator



Not leaning out of a window



Not in the car



Hookah smoking is also dangerous



If you need to smoke, you have to go outdoors.
Find a place where there are **no** children.

Are you a NON-SMOKER?

Then there is a greater chance that your children will never start smoking.

If you do smoke, but would like to quit?

It's never too late to quit.





Do you need help to quit?

- call: Quitline **800 400 85** (free)
- go to: **www.slutta.no**
- go to: **www.helsenorge.no** (search for “passiv røyking”)
- call: Cancer Helpline **800 57 338** (free from a landline)
- go to: **www.kreftforeningen.no**
- contact the public health nurse at the health station or your family doctor



The Norwegian ExtraFoundation
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