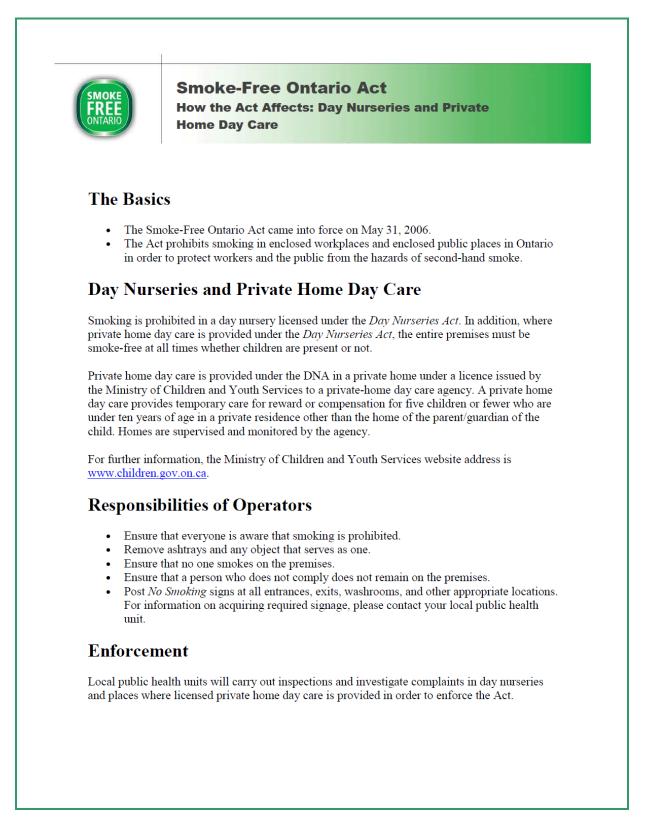


Table of Contents

Smoke-Free Ontario Act: How the Act Affects Day Nurseries and Private Home Day Care	2
Smoking in Motor Vehicles with Children Present	
Secondhand Smoke	5
What is Secondhand Smoke?	5
Health Risks of Secondhand Smoke Exposure	5
Secondhand Smoke Exposure during Pregnancy	5
Secondhand Smoke Exposure and Children's Health	6
Protect Your Family and Friends from the Dangers of Secondhand Smoke Exposure	6

SMOKE-FREE ONTARIO ACT: HOW THE ACT AFFECTS DAY NURSERIES AND PRIVATE HOME DAY CARE



Penalties

There is no maximum corporate fine listed in the SFOA for contravention of this section of the Act, meaning the fine amount would be left up to a justice of the peace, in accordance with general statutory requirements. An individual could be subject to a maximum fine of \$5,000.

This fact sheet is intended as a quick reference only. For more information, please contact your local public health unit.

You may also obtain information by calling toll-free:

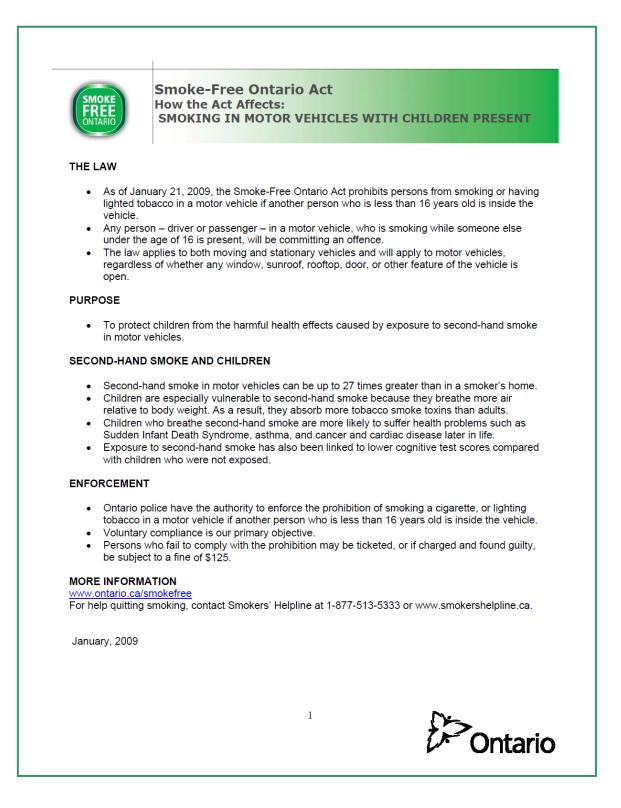
- INFOline 1-866-396-1760
- TTY 1-800-387-5559

Hours of operation: Monday to Friday, 8:30am - 5:00pm

For more information on the Smoke-Free Ontario Act, please visit the Ontario Ministry of Health and Long-Term Care website: <u>Ontario.ca/smokefree</u>.

May 2007

SMOKING IN MOTOR VEHICLES WITH CHILDREN PRESENT



SECONDHAND SMOKE

What is Secondhand Smoke?

Secondhand smoke comes from two sources:

- Mainstream smoke the smoke first inhaled by the person who smokes and then exhaled.
- Sidestream smoke the smoke that goes into the air from the end of a burning cigarette containing twice the nicotine and tar than mainstream smoke and five times the carbon monoxide.

Cigarettes burn for approximately 12 minutes and people who smoke usually only inhale for 30 seconds. As a result, people who smoke and people who do not smoke alike are breathing in both mainstream and sidestream smoke.

Health Risks of Secondhand Smoke Exposure

Secondhand smoke contains toxic chemicals including at least 70 which can cause cancer. A person who does not smoke and is exposed to secondhand smoke has a 25 per cent increased chance of developing lung cancer. Every year in Canada, second-hand smoke causes 800 deaths from lung cancer and heart disease in non-smokers.

Health risks of secondhand smoke exposure include:

- cancer (of the lungs, sinuses, brain, breast, uterus, cervix, thyroid, as well as leukemia and lymphoma)
- heart disease and stroke
- the aggravation of asthma, allergies, and angina
- reduced ability to take in and use oxygen
- increased heart rate and blood pressure
- eye irritation, headache, nasal discomfort, sneezing, coughing, sore throat, nausea, and dizziness

Secondhand Smoke Exposure during Pregnancy

Nicotine speeds up the heartbeat of the fetus and can slow down the growth of a baby's lungs and breathing passages.

Carbon monoxide can reduce the oxygen supply to the fetus by 25 per cent which can lead to lower birth weights.

Secondhand Smoke Exposure and Children's Health

Infants and children breathe in more secondhand smoke than adults because they have higher respiratory rates.

Children exposed to secondhand smoke are at risk of:

- an increased risk of developing cancer and heart disease as an adult
- impaired lung function
- middle ear infections
- food allergies
- an increased risk of sudden infant death syndrome (SIDS)
- chronic respiratory illness, such as asthma
- a possible negative impact on behaviour, attention and cognition

The health hazards associated with secondhand smoke do not disappear after lit tobacco is put out. The toxins that are released by the burning tobacco will stick to exposed surfaces including hair, skin, fabric, walls, carpet, furniture, and toys. They also attach to dust particles and then circulate in the air and are inhaled. This more recently studied contamination is called third hand smoke (THS). Children who crawl or play on the floor can pick up the toxins on their hands and swallow them when putting their hands in their mouths or chewing on toys that have been exposed to secondhand smoke.

Protect Your Family and Friends from the Dangers of Secondhand Smoke Exposure

- Make your home and car smoke free.
- Ask caregivers, including family, not to smoke around you and your children.
- Talk with your landlord about making the units in your apartment building smoke-free. <u>www.smokefreehousingon.ca</u>

For more information on how to make your home and car smoke free, how to change your tobacco use (reduce and/or quit), or for resources on tobacco, contact *Health Connection* at 705-721-7520 or 1-877-721-7520 or visit <u>www.simcoemuskokahealth.org</u>.