

# Make your car smokefree



Image courtesy of NZ Transport Agency

**Te Whatu Ora**  
Health New Zealand



**Te Kāwanatanga o Aotearoa**  
New Zealand Government

# Make your car smokefree

To limit children's exposure to second-hand smoke, from 28 November 2021 it became illegal to smoke in a vehicle when there are children under the age of 18 present.

## Smoking in the car is harmful to your children because:

- They will be exposed to second-hand smoke and children who breathe in second-hand smoke are more likely to develop illnesses such as chest infections, glue ear and asthma.
- Young people who have friends/family/whānau who smoke are more likely to take up smoking.

## Second-hand smoke in your car

- Winding the window down will not remove all of the poisons.
- The poisons will linger long after the smoke and smell have disappeared.
- Children are often not able to move away from second-hand smoke in a car.

*Second-hand smoke is a mix of smoke from the burning end of a cigarette plus the smoke blown into the air by the person smoking. It contains more than 200 poisons, some of which can cause cancer.*

## Easy steps to making your car smokefree

- Make a rule – your car is smokefree at all times for everyone.
- Clean out your car ashtray.
- Remove the car cigarette lighter.
- Let other people know – put a Smokefree sticker on your car window.
- Ask your family and whānau to support you by not smoking in your car.

*Be a positive role model and don't smoke around children at any time.  
They'll be less likely to take up smoking.*

[smokefree.org.nz/secondhandsmoke](https://smokefree.org.nz/secondhandsmoke)