How We Can Protect Our Children from Secondhand Smoke

Code Of Virginia

In Virginia, as of July 1, 2016, it is unlawful for a person to smoke in a motor vehicle, whether in motion or at rest, when a minor under the age of eight is present in the motor vehicle. A violation of this law is punishable by a civil penalty of $100. (VA Code § 46.2-112.1)

Fact:

- Secondhand smoke comes from lit cigarettes and cigars and from smoke exhaled by smokers.
- When someone smokes in a car the air pollution can be 10 times higher than the worst outdoor air pollution.
- Rolling down a window will not get rid of secondhand smoke. No amount of fresh air will get rid of its harmful effects.
- When children breathe secondhand smoke, it is like they are smoking too. It harms children because their lungs and bodies are still growing.
- No amount of smoke is safe. Even if you can't smell it, cigarette smoke can still harm your child.

QUIT NOW VIRGINIA

Virginia
Tobacco Use Control Program

Quit Now Virginia provides free information and coaching by telephone or online to residents aged 13 and older who want to quit smoking, using tobacco, e-cigarettes and vaping. The support line is open 24 hours a day, seven days a week.

Free help is just one call away!

Tobacco Cessation Services

1-800-QUIT NOW / 1-800-784-8669

1-855-DEJELO - YA / 1-855-355-3569

TTY LINE - 1-877-777-6534

QUITNOW.NET/VIRGINIA

If you are pregnant and need to quit, call the Quitline at 1-800-784-8669 or in Spanish 1-855-335-3569 to talk to a special Quit Coach.

VDH VIRGINIA DEPARTMENT OF HEALTH

VDHLiveWell.com/tobacco

Publication - 703I-F-13-001