



Growing up healthy



Smoke-free home



Smoke-free car



How to protect your child from second-hand smoke



If I protect my child from second-hand smoke, ...

- ... the air in our home will be better.
- ... my child will be able to breathe more easily.
- ... I help promote my child's health.
- ... my child will be less likely to get sick.
- ... my child will have less abdominal pain after meals.
- ... my child will sleep better.
- ... my child's clothes will smell less of smoke.

Swiss Lung Association

Claudia Künzli
Project Manager, Prevention
Chutzenstrasse 10
3007 Bern
Phone 031 378 20 57
c.kuenzli@lung.ch
www.lungenliga.ch

The project "Smoke-free air – healthy children"
is funded by the Tobacco Prevention Fund.

LUNGENLIGA
LIGUE **PULMONAIRE**
LEGA **POLMONARE**

