

Thursday 18 June 2015

BANNERS PROMOTE SMOKE FREE CAMPAIGN
Give kids and families a sporting chance

“Smoke Free” banners are currently being displayed around our local sporting fields to promote the smoking ban that applies to both covered and uncovered spectator areas while they are being used for an organised sporting event.

Council recently endorsed the “Smoke Free” education campaign to support NSW Health requirements and the Smoke-free Environment Act 2000.

Creating smoke-free outdoor areas, such as in public sports grounds and recreational areas, can support those who have quit and make smoking less visible to children and young people.

There is no safe level of exposure to second-hand tobacco smoke. This is the smoke which smokers exhale after inhaling from a lit cigarette.

In adults, breathing second-hand tobacco smoke can increase the risk of cardiovascular disease, lung cancer and other lung diseases. It can worsen the effects of other illnesses such as asthma and bronchitis. Exposing ex-smokers to other people’s tobacco smoke increases the chance of relapsing to smoking.

For children, inhaling second-hand tobacco smoke is even more dangerous. This is because children’s airways are smaller, and their immune systems are less developed. These differences make children more likely to suffer health problems due to second-hand smoke such as bronchitis, pneumonia and asthma.

For more information, contact the Tobacco Information Line on 1800 357 412 or visit the NSW Health website www.health.nsw.gov.au The Tobacco Information Line can be accessed by non-English speaking people via the Translating and Interpreting Service (TIS) on 13 14 50.

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