



Gesundheitsdepartement des Kantons Basel-Stadt

Bereich Gesundheitsdienste

Abteilung Prävention



*I am
determined
to protect my
child from
second-hand
smoke!*

No second-hand smoke – healthier childhood!

- A strong immune system and healthy respiratory system
- Healthier lungs and improved brain functions
- Reduction of health and energy risks
- Fewer stomach upsets, headaches and ear infections
- Calm and refreshing sleep
- Clean, fragrant clothing – free of toxins

How you can protect your child from the harmful effects of second-hand smoke:

No smoking during pregnancy

As soon as you find out that you are pregnant, stop smoking immediately! Every single cigarette will impair your unborn baby's development and growth. Moreover, infants born to mothers who are smokers are 3 times more likely to die from SIDS (sudden infant death syndrome).



Maintain a smoke-free home

The harmful effects of smoking will stay in your home – even if you air it out.

In a room filled with smoke, your child will inhale just as many contaminants as if he or she were actually smoking a cigarette.



Refrain from smoking in the car

Smoking in the car is just as bad for your child as it is to smoke in your home. Make sure you protect your child from the effects of cigarette smoke also when you are traveling in the car!



Provide a smoke-free environment

Make sure that your child's grandparents, babysitters and all others he or she comes into contact with do not smoke while around the child!

Give your child the benefits of a smoke-free environment!



Second-hand smoke inhalation poses a major health risk for your child. Toddlers absorb 3 times more toxins from tobacco smoke than adults. Their organs are still developing. Moreover, small children tend to breathe in and out 2–3 times more frequently, which means that they inhale more toxins.

In the interest of your child's health, do whatever you can to provide your child with a smoke-free environment to grow up in. We will help you!

Information and Advice

General Healthcare Information

Gesundheitsdepartement Basel-Stadt, Abteilung Prävention

Tel. 061 267 45 20

E-Mail: abteilung.praevention@bs.ch

Web: www.gesundheit.bs.ch

Smoking-related Information

Lungenliga beider Basel

Tel. 061 927 91 22

E-Mail: info@llbb.ch

Advice for Addicts

MUSUB – Multikulturelle Suchtberatungsstelle beider Basel

Tel. 061 273 83 05

E-Mail: info@musub.ch

Smoking Cessation Assistance

Universitätsspital Basel, Medizinische Poliklinik

Tel. 061 265 50 05

E-Mail: anmeldung.medpol@usb.ch

Smoking Cessation Phone Helpline

0848 000 181 German/French/Italian

0848 183 183 Albanian

0848 184 184 Portuguese

0848 185 185 Spanish

0848 186 186 Serbian/Croatian/Bosnian

0848 187 187 Turkish

Or online using our registration form

www.at-schweiz.ch/de/anmeldeformular

