



## New law bans smoking in cars carrying children

We know that secondhand smoke is harmful, especially to children. Smoke can do much more damage to children because their lungs are smaller and they are still developing their immune system.

Smoking in cars carrying anyone under 18 is now [illegal](#). Both the driver and passenger could be fined £50.

There are good reasons why more needs to be done to protect children from secondhand smoke. More than 80% of smoke is invisible and doesn't smell of anything. Not exposing a child to secondhand smoke can vastly reduce their chances of developing conditions such as meningitis, cancer, bronchitis and pneumonia.

You can quit smoking, or help a friend or family member to quit smoking, by speaking to one of LiveWell Dorset's specially trained advisers, call 0800 8401628 or visit [www.livewelldorset.co.uk](http://www.livewelldorset.co.uk)