



SMOKE FREE VEHICLES



A summary guide
for professionals working
with parents, families
and carers.

The Law

It is **illegal** to smoke inside a vehicle with an under-18 present.

It applies to **any private vehicle** with a roof, even if the **windows or sunroof are open**, the **air-conditioning** is on, or the person smoking is sitting in an **open doorway** of the vehicle.

It does not apply to:

A convertible car with the roof completely down, a driver who is 17 years old if they are on their own, or vaping.

This law aims to **protect children** from the health impacts of secondhand smoke.

Secondhand smoke

This is the smoke from the burning tip of a cigarette and the smoke inhaled and exhaled by the smoker. It contains over **4000** chemicals, many of which are cancer-causing.

Smoke particles **stick to surfaces** in the vehicle, including children's car seats and are gradually released back into the air.

The risks to children

Children's bodies are still developing. They have smaller airways and breathe faster than adults, meaning they breathe in more of the harmful chemicals found in secondhand smoke.

Exposure can lead to an **increased risk** of asthma, ear problems and respiratory infections.

HOW YOU CAN HELP

Use the Very Brief Advice (VBA) model to have conversations with parents, families, and carers.

ASK:

- Are there smokers in the family?
- Do people know about secondhand smoke?
- Are people aware of the law?

ADVISE:

- Tell people about the law
- Explain it is to protect children from secondhand smoke.
- There are no safe levels of secondhand smoke.
- The best way to protect children is to stop smoking.

ACT:

- Provide information on local stop smoking services if applicable.

Local stop smoking services:

For Nottinghamshire County residents:

Your Health Notts
0115 772 2515
www.yourhealthnotts.co.uk

For Nottingham City residents:

Thriving Nottingham
0115 648 5724
www.thrivingnottingham.org.uk



You are **3 times**
more likely to quit
with support