

# Protect your children from **SECONDHAND SMOKE**

## It's the LAW: Code Of Virginia

In Virginia, as of July 1, 2020, it is unlawful for a person to smoke in a motor vehicle, whether in motion or at rest, when a minor **under the age of fifteen** is present in the motor vehicle. A violation of this law is punishable by a civil penalty of \$100. (VA Code § 46.2-810.10)

Secondhand smoke is smoke exhaled from cigarettes, cigars, or other lit tobacco products.

Secondhand smoke is harmful to children. When they breathe secondhand smoke, it is like they are smoking too.

Rolling down a window will not get rid of secondhand smoke. Fresh air will not get rid of the harmful effects.

When someone smokes in a car the air pollution can be 10 times higher than the worst outdoor air pollution.

No amount of smoke is safe. Even if you can't smell it, secondhand smoke can harm your child.



**NOW  
IS THE TIME  
TO SUCCESSFULLY**

**Quit  
SMOKING**

**Call For FREE Help  
1-800-QUIT NOW  
1-800-784-8669  
Break the addiction.**

Servicios en español y por los  
sordomudos están disponibles:

**1-855-DEJALO-YA**

**1-855-355-3569**

TTY LINE: 1-877-777-6534



**Receive coaching by  
telephone,**

for residents 13 and older. Text  
services also available.



**Support is available**

24 hours/7 days a week.



**Quit Now VA can  
help you quit**

using any nicotine product including  
cigarettes, cigars, smokeless tobacco,  
and electronic products/vaping.



**If you are pregnant  
and need to quit,**

call 1-800-784-8669.

Services are available in Spanish  
at 1-855-335-3569.

**Quit Now**  
**Virginia**

Tobacco User Quitline

**For FREE assistance and resources, visit**  
**[QuitNow.net/Virginia](http://QuitNow.net/Virginia)**