



Tips for reducing secondhand smoke in your home and car:

- **Talk about it** by having a sit down with everyone living in your home and talk about ways to reduce secondhand smoke.
- **Make a list** of the reasons for reducing smoke in your home and car.
- **Set a date** that you are going to reduce smoke in your home and car by.
- **Ask others not to smoke in your home or car.** Use the list of reasons you came up with to tell others why.
- **Set up an area outside** for people who smoke. Sit outside or go for a walk with your family or friends.
- **Make a sign** or put up a sticker or magnet in your home and car that lets people know that you don't smoke in these places.
- **Remove all ash trays, lighters, matches and smoking paraphernalia from inside your home.** Clean out your car's ashtray and remove it or fill it with something else like candies or coins.
- **Wash your hands,** brush your teeth or use mouthwash and change your clothes after having a cigarette.
- **Ask caregivers and babysitters** not to smoke in your home and car.
- **Thank your friends and family** for helping you to reduce or eliminate smoke from your home and car.
- **CELEBRATE!** Throw a party, have a special dinner, a movie night or do something you love to celebrate a smoke-free environment.

Benefits of not smoking in your home and car:

- Removes the health risks of secondhand smoke.
- The air will be fresher, cleaner and will smell better.
- You will be able to breathe easier.
- The chance of fire in your home will be lower.
- Your children will be less likely to smoke.
- Pets will be healthier.
- The resale value of your home and car may be greater.
- Your food will taste and smell better.