

KEEP THE CAR

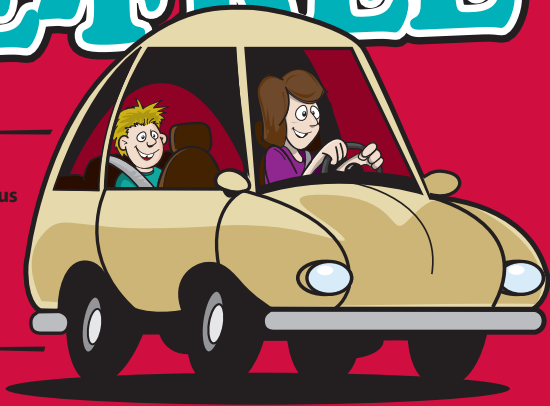
SMOKE-FREE

FACTS:

- Secondhand smoke in a car or truck is 23 times more dangerous than in a house, because of the small space.
- Rolling down a window will not get rid of secondhand smoke. In fact, no amount of air will get rid of the harmful effects of secondhand smoke.

WAYS TO AVOID SMOKING IN THE CAR:

- **KEEP YOUR HAND BUSY.** Hold onto a pencil, paper clip, water bottle, or squeeze ball. These are good substitutes to satisfy the need to have something in your hand.
- **PUT SOMETHING ELSE IN YOUR MOUTH.** Keep other things close by to put in your mouth when you are craving a cigarette. Chew sugar-free gum, snack on a carrot or celery stick, hard candy or sunflower seeds. Even chew on a toothpick.



SMOKE-FREE CAR PLEDGE

I/WE _____

(YOUR NAMES)

ON _____

(DATE)

PLEDGE TO PROTECT MY/OUR FAMILY AND FRIENDS FROM THE HEALTH RISKS OF SECONDHAND SMOKE BY MAKING MY/OUR CAR SMOKE-FREE.

LOCAL SUPPORT:

Genesis Pulmonary Rehab (563) 421-1769

Trinity My Nurse (309) 779-2000

Toll-free Telephone Support for Iowa & Illinois 1-800-QUIT NOW (1-800-784-8669)

Web Support: www.quitlineiowa.org (Iowa) • www.quityes.org (Illinois)



www.tobaccofreeqc.org



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