

KEEP THE HOME

SMOKE-FREE

FACTS:

- In the home is where children spend more time surrounded by secondhand smoke.
- Secondhand smoke moves from one room to another, even if the door is closed.
- The toxic chemicals in secondhand smoke cling to rugs, curtains, clothes and other materials and can remain in a room for months.

WAYS TO AVOID SMOKING IN THE HOME:

- Have a special smoking area outside of the home and away from your family. Keep cigarettes, cigars, pipes, your lighter, your ashtray, etc. there.
- **KEEP BUSY.** Work on projects in the home to keep your mind off of cigarettes.



SMOKE-FREE HOME 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 HOME 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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