



HOW TO KEEP YOUR HOME SMOKEFREE

- ◇ Let friends and family know that your home is smokefree. If needed, show them to a child-free area to smoke.
- ◇ If you need to smoke, find your own comfortable place to smoke outdoors that is at least **25 feet away** from your home and children.
- ◇ Make the decision to quit smoking and dispose of all cigarettes and ashtrays. Begin today by calling **1-800-QUIT-NOW** (1-800-784-8669) to start your quitting journey.
- ◇ Consider putting up a house decal to remind visitors that your home is smokefree and vape-free.

For more information visit:

https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/protect_children/general-population/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ftobacco%2Fbasic_information%2Fsecondhand_smoke%2Fprotect_children%2Findex.htm

