



SMOKE-FREE TIPS FOR YOUR HOME AND CAR

Are you a smoker and not ready to quit?
You can still help to reduce the health risks to your children.
All parents and caregivers must take steps to protect children from second-hand smoke.
Try these smoke-free tips, and give them the gift of better health.

IN YOUR HOME

- 💡 Make it a rule never to smoke in your home; post a “smoke-free space” sticker at the door.
- 💡 Set up a comfortable area outside which is the only place where smoking is allowed.
- 💡 Keep only one ashtray and clean it out after each use. Keep the ashtray outside. Remember that cigarette butts are poisonous to children.



- 💡 Make sure your children are safe and watched while you smoke outside.
- 💡 Take the children out for a walk.
- 💡 Make sure all of the smokers in your home (including visitors) know what you are doing and why; ask them to respect these rules.

IN YOUR CAR

- 💡 Make it a rule never to smoke in the car; post a “smoke-free space” sticker.
- 💡 On long trips, schedule stops for smokers so they can smoke outside.
- 💡 Commuting? Plan your day so that you have your cigarette before or after being in the car and make sure you smoke outside.
- 💡 Lock your cigarettes in the trunk!
- 💡 Take the ashtray out of your car.



Remember that you can help to prevent diseases like ear infections, asthma, bronchitis, pneumonia, and even SIDS (Sudden Infant Death Syndrome/Crib Death).

SMOKE-FREE HOME AND CAR



Adapted from Ottawa Health Department and The Ottawa Council on Smoking and Health.

For more information, please contact the Eastern Ontario Health Unit at 933-1375 in Cornwall or, toll free, at 1 800 267-7120 and ask for Health Line. Visit our Web site at www.eohu.on.ca.

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