

**You
& your
family are
worth it**



THE  LUNG ASSOCIATION™

HOW To Make Your Home Smoke-free:

TALK ABOUT IT

- Sit down with everyone living in your home to discuss ways to make your home smoke-free.

GET READY

- If you smoke, the best solution is to quit. If you are not yet ready to quit, limit your smoking to places where others won't be exposed to your smoke.
- Set up an outdoor smoking area.
- Remove any ashtrays, lighters, etc. from your home.
- Display a smoke-free home sign on your front door.
- Think about the smokers who will visit your home and consider how you will ask them to smoke outside.

ASK A SMOKER TO TAKE IT OUTSIDE

- Be polite, but firm.
- Thank your family and friends for helping to keep your home smoke-free.

“I didn't know it was that important to keep young kids away from second-hand smoke. Not until our doctor told us that Sarah's asthma is much worse because she's breathing smoke into her tiny lungs. The past weeks have been awful. We're exhausted from being up with her every night. And my heart breaks to see her so sick.”

(Father of nine month old baby)

“It wasn't as hard as I thought it would be.

When I was pregnant, we just told all our friends that we didn't want anyone smoking in the house. Now they all go outside to smoke.”

(Mother of three month old baby)

REMEMBER to protect your family from second-hand smoke when you are away from your home as well:

- In Ontario, it is against the law to smoke in a vehicle carrying children under the age of 16.
- Choose smoke-free child care.

**Steps
to make
your home**



smoke-free

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For your free copies of this resource or to speak with a Certified Asthma Educator, please contact The Lung Association's

Asthma Action Helpline:

1-888-344-LUNG (5864)

Developed by the Smoke-Free Homes and Asthma Program at the Ontario Lung Association (2008) with valuable input from public health units across Ontario.

When you can't breathe, nothing else matters.™



NO ONE Smokes Inside A smoke-free home.

- Second-hand smoke comes from any burning tobacco. It is the smoke that drifts from the burning end of the cigarette and that the smoker blows out into the air.
- Second-hand smoke is poisonous and contains over 4,000 chemicals - 50 of those are known to cause cancer.
- Second-hand smoke spreads from one room to another, even if the door is closed and the windows are open. It can also drift from the garage and basement to the rest of the house.
- Second-hand smoke remains in the home - sticking to furniture, carpet, draperies, etc. - long after the cigarette has been smoked.

Second-hand smoke contains **50** cancer-causing chemicals



Display these smoke-free decals in your home and car

DANGERS Of Second-Hand smoke.



SECOND-HAND SMOKE IS HARMFUL TO CHILDREN:

- Smoking in the home increases your children's risk of getting colds, ear infections, bronchitis and pneumonia.
- There is a greater risk of Sudden Infant Death Syndrome (SIDS) for infants who are exposed to second-hand smoke.
- Children whose parents smoke are twice as likely to become smokers themselves.

ASK A Smoker To take it outside.

SECOND-HAND SMOKE AND ASTHMA:

- Parents who smoke increase the chances that their children will develop asthma by 200 to 400 per cent.
- Second-hand smoke causes more symptoms and more attacks in children who have asthma.
- The Canadian Asthma Consensus Report states "Exposure to environmental tobacco smoke (second-hand smoke) should be avoided".

SECOND-HAND SMOKE HARMS US ALL:

- Non-smokers can develop cancer and heart disease from exposure to second-hand smoke.
- One quarter of the population has existing heart, lung or allergic conditions that can be aggravated by second-hand smoke exposure.
- Each year, exposure to second-hand smoke causes over 400 deaths in Ontario and thousands more across Canada.