

Create a Smoke-Free Environment

Talk about it.

- Sit down with your family to talk about making your home smoke-free.

Get ready.

- If you smoke, the best solution is to quit. If you have questions about quitting, download or order a copy of our workbook Journey 2 Quit at www.on.lung.ca and speak with a health care professional.
- If you are not yet ready to quit, only smoke outside away from others.
- Remove ashtrays and lighters from your home.
- Display a smoke-free home sign on your front door.

Take it outside.

- Ask any visitors to your home to only smoke outside.
- Thank your family and friends for helping to keep your home “smoke-free”.

Remember:

- In Ontario, it is against the law to smoke in a vehicle carrying children under the age of 16.
- Place the smoke-free vehicle sign in your car window.
- Ensure your child’s caregivers do not smoke around them.

To speak with a Certified Respiratory Educator, contact The Lung Association Lung Health Information Line: **1-888-344-LUNG (5864)**.

Download this and other resources at www.on.lung.ca

For more information on how to keep your home healthy, go to www.YourHealthyHome.ca

The content of this guide is based on current available evidence and has been reviewed by medical experts. It is provided for informational purposes only. The views set out in this guide are those of the authors and do not necessarily reflect those of the Government of Ontario. The information is general in nature and is not intended to be a substitute for sound clinical judgment. Seek the advice and expertise of your health care provider with any questions you may have about your health.

Funded by the Government of Ontario

THE  LUNG ASSOCIATION™

Steps to make your home smoke-free



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

Second-Hand Smoke

- Drifts from the burning product (cigarettes, pipes, and cigars) and is also blown into the air by the person who is smoking.
- Drifts from one room to another, even if the door is closed and the windows are open.
- Remains in the home – sticking to furniture, carpet, drapes and clothing long after the product has been put out – also known as “third-hand smoke”.

Display smoke-free decals in your home or car.

Second-Hand Smoke Exposure

- Increases the risk for colds, ear infections, bronchitis and pneumonia.
- Increases the risk of Sudden Infant Death Syndrome (SIDS).
- Increases the risk of developing asthma in children.
- Causes more symptoms and increases the risk for attacks in people with asthma.



There is No Safe Level of Second-Hand Smoke

Second-hand smoke harms everyone.



- Increases the risk of developing cancer, heart disease and other lung diseases such as Chronic Obstructive Pulmonary Disease (COPD).
- Causes more than 400 deaths in Ontario yearly.
- Increases the risk of cancer in family pets.
- Worsens existing heart, lung or allergic conditions.