

Making Your Home and Car Smoke-Free

When you decide to have a smoke-free home and car, you may not be the only one making changes. Family and friends will need to know that smoking is not allowed in those places.

Why Go Smoke-Free

- Secondhand smoke can be as harmful as smoking.^{1,2}
 - » It kills over 41,000 non-smoking adults in the U.S. every year.
 - » It increases the risk of ear and lung infections among kids.
 - » Babies are at higher risk for sudden infant death syndrome (SIDS).
- Even if windows are open, secondhand smoke is still in the car and can be harmful.
- In California, it is illegal to smoke in a car if anyone is under 18 years old.³

Other Reasons Why

- Saves time, money, and energy. No need to clean your home and car as often.
- Makes smoking harder. Going outside to smoke is a hassle.
- Makes quitting easier. Triggers like ashtrays and lighters are not around.
- Protects your family and pets. They are not breathing in secondhand smoke.



How to Do It

If you smoke...

- Make a plan to quit.
- Set a rule to only smoke outdoors – not in your car or home.
- Keep all cigarettes, ashtrays, and lighters outdoors or in the trunk of your car.

If you are around smokers...

- Ask them not to smoke in your home or car.
- Tell them you want to stay away from secondhand smoke – not them.
- Let them know you are thankful for their support.

If people are not happy about it...

- It's okay to stay firm.
- Say that everyone's health is important to you.

**Call for FREE help to quit smoking!
1-800-300-8086**

¹ National Cancer Institute (2018). *Secondhand Smoke and Cancer*.

² CDC (2018). *Secondhand Smoke (SHS) Facts*.

³ California Legislative Information. *Health and Safety Code, Article 2.5. Smoking in Motor Vehicles*.