

“I feel fantastic. I feel better knowing that when I hold my son, he’s not smelling cigarettes all over me and that makes me feel really good.” – Katie

Pledge to Keep Your Home

Smoke-Free!

➔ **Secondhand smoke** is the smoke you can see. It is the smoke that comes off the end of a lit cigarette or that a smoker blows out after taking a puff. Both have harmful toxic chemicals. Nonsmokers who are around secondhand smoke breathe in the same chemicals that smokers do. Even if you don’t smoke near your baby, he or she is still at risk.

➔ **Thirdhand smoke** is the smoke you can’t see. It refers to the harmful chemicals that stay on your clothes, hair, skin, and furniture for days and weeks. Babies can breathe in this smoke or ingest it by putting items in their mouths.

Second and thirdhand smoke put your child at a much higher risk of:

**Ear infections
Bronchitis
Pneumonia
Sudden Infant Death Syndrome (SIDS)**



Tips for a

Smoke-Free Home:

- Set an official smoke-free date for your home.
- Keep all areas in the home smoke-free.
- Have a “smoking area” outside for smokers.
- Tell visitors that your home is smoke-free.
- Change your clothes after you smoke, and take a shower or wash your hands and face.
- Keep your “smoking coat” or sweater in separate area.
- Put a “No Smoking” sign on your door and/or inside your home.

FIRST BREATH

I'm protecting my family from:

- **House fires**
because smoking-related accidents are some of the biggest causes of house fires
- **Invisible danger**
because secondhand smoke isn't gone just when the smoke has cleared from the room
- **Smoke in the car**
because just rolling down the windows doesn't mean there isn't any danger to passengers



I'm keeping my home and car smoke-free – for my family, and for me!



Take the pledge! Fold this paper in half and tape it near the door to your home to let your visitors know where they can and can't smoke.



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I'm protecting my family and myself from secondhand smoke!

