

# IF YOU'RE A NON-SMOKER

# TIPS

for  
Creating a  
Smoke-Free  
Zone



*These tips can help you create a smoke-free zone and learn ways to ask smokers to keep their smoke far away from you and your family.*

- Let family, friends and people you work with know that you *do* care if they smoke around you and your children. It isn't always easy, but it's important. Your health and your children's health is at stake.
- Make sure your child's day-care and after-school programs are smoke-free.
- Put a "Smoke-Free Zone" sticker on the dashboard or window of your car. Most people will get the message without you having to say a word.
- Support smokers who are trying to quit.



Brought to you by the VT Department of Health

# SPEAK UP!

*When someone's smoking near you or a loved one, try saying something like this...*

"My child's (or my) asthma and allergies are so much better when we're not around smoke."

"Did you know that when non-smokers breathe in cigarette smoke it's like they're smoking too?"

"We're worried that if we smoke in front of the kids, they'll think that it's OK and do the same thing. You know how kids want to be like grown-ups and their parents."

**Vermont  
QUITnetwork**

every try counts

1-800-QUIT-NOW (784-8669) [vtquitnetwork.org](http://vtquitnetwork.org)  
VERMONT DEPARTMENT OF HEALTH

[healthvermont.gov](http://healthvermont.gov)

# YOU CAN MAKE YOUR WORLD A



## FACTS AND TIPS TO HELP YOU SUCCEED

# MAKE YOUR WORLD A



*Breathe in,  
breathe out.*

*Simple, right? But if the air around you contains secondhand smoke, every breath you take could lead to lung infections, asthma, allergies – even cancer and heart disease.*

*You can make the air around you, your friends and family and your pets safe to breathe by creating a smoke-free zone.*

## WHAT IS SECONDHAND SMOKE



*Tobacco smoke in the air is called secondhand smoke. It comes from the end of a burning cigarette, cigar or pipe, or the smoke exhaled by a smoker. It contains more than 50 cancer-causing chemicals.*

## HEALTH RISKS FROM SECONDHAND SMOKE

*The US Surgeon General says there is no risk-free level of exposure to secondhand smoke. In fact, if you're around secondhand smoke, it's like you're smoking too. Even short exposure to secondhand smoke has immediate harmful effects and increases the risk for heart disease and lung cancer.*



- Children and babies have small lungs that are still growing, so they have an even bigger risk from these poisons.
- When children breathe in smoke, it can cause health problems that stay with them their entire lives—like asthma, bronchitis, pneumonia, more-frequent ear infections and allergies.
- Secondhand smoke makes the symptoms even worse for adults already suffering from asthma, allergies or bronchitis.
- Babies whose parents or caregivers smoke are twice as likely to die from Sudden Infant Death Syndrome (SIDS).



*Don't forget about your furry and feathered friends! Did you know that pets that breathe secondhand smoke have more allergies, cancer and lung problems than pets living in smoke-free homes?*

## IF YOU'RE A SMOKER

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*Like most smokers, you're probably already taking steps to keep your secondhand smoke away from others. But asking people to keep smoke away from your children still might take a little getting used to. These easy tips will help you get started.*

- Make a smoke-free home and car rule. Let everyone who visits know about the rule, especially babysitters or others who may care for your children.
- Put a wallet-sized picture of a loved one on your cigarette pack to remind you why keeping smoke away from them is always worth it.
- Place "Smoke-Free Zone" reminders in your car and in the places around your home (like your garage) where you smoke.
- Team up with another parent who smokes. Together, make a pledge to keep smoke away from your kids and agree to help watch each other's kids during smoke breaks.
- Ask your children or other people in your life to encourage and remind you to keep smoke away from them.
- Cut down, or consider quitting smoking by calling **1-800-QUIT-NOW** (784-8669).