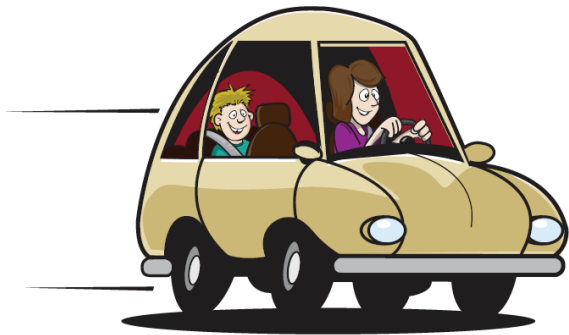


KEEP YOUR HOME & CAR



SMOKE & VAPOR-FREE

FACTS:

- No amount of secondhand smoke is safe.¹
- Secondhand smoke exposure can trigger asthma attacks and increase the risk of Sudden Infant Death Syndrome (SIDS), respiratory infections, and heart disease.¹
- Thirdhand smoke is the toxic residue from tobacco smoke that lingers on surfaces and in spaces long after smoking stops and is a health hazard for everyone, including infants and children.²
- Smoke goes under doors, windows, and through cracks.³
- Smoking in another room like a bathroom or bedroom pollutes ALL the air in your home.³
- Opening a window or using a fan does not completely remove the poisonous chemicals from secondhand smoke in the air.³
- Smoking inside a car can expose passengers, including family and friends, to harmful toxic particulates well above government safety standards.³
- E-cigarette aerosol is not harmless “water vapor” and is not as safe as clean air.⁴



WAYS TO AVOID SMOKING IN THE HOME OR CAR:

- **Keep your hands busy** - hold onto a pencil, paper clip, water bottle, or squeeze ball. These are good substitutes to satisfy the need to have something in your hand.
- **Put something else in your mouth** - keep other things close by to put in your mouth when you are craving a cigarette. Chew on a toothpick, sugar-free gum, or snack on a carrot, celery stick, or sunflower seeds.

Citations:

1. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General, 2014
2. Americans for Nonsmokers' Rights: www.no-smoke.org/learnmore.php?id=671
3. CDC “How We Can Protect our Children from Secondhand Smoke - A Parent’s Guide”
4. Stanford Report, August 29, 2007
5. CDC “State Laws Prohibiting Sales to Minors and Indoor Use of Electronic Nicotine Delivery Systems”

For more information about the harms of secondhand smoke, visit www.TobaccoFreeJeffco.com/SHS.



SMOKE & VAPOR-FREE

HOME & CAR PLEDGE

I/WE _____

(YOUR NAMES)

ON _____

(DATE)

PLEDGE TO

protect my/our family and friends from the health risks of secondhand smoke by making my/our home & car smoke & vapor-free.

Helpful Resources:

- Colorado QuitLine: 1-800 QUIT NOW or www.coquitline.org
- Jefferson County Public Health Tobacco Prevention Initiative:
www.tobaccofreejeffco.com or 303-275-7555
- Text message-based support: www.smokefree.gov/smokefreetxt
- www.tobaccofreeco.org
- www.iamasmoke-freezone.org
- www.becomeanex.org
- www.nicotine-anonymous.org