

Making Your Home Smoke-Free

Keeping secondhand smoke out of your home is good for your health and your family's health. Plan how to make your home smoke-free:

How can I ask my guests to smoke outside?

- Before they arrive, tell guests you have a smoke-free home.
- Most people are used to smoke-free places.
- Thank your guests for their help.

At night how can I smoke outside when I do not feel safe?

- Try to smoke less at night or set a time to have your last cigarette before it gets dark.
- Ask a friend or family member to come outside with you.
- Let someone know you are going out alone and where you will be.
- Stay in a lighted area with other people.
- Carry a cell phone, in case of an emergency. Stay alert.



How can I handle cravings when I am not able to go outside to smoke?

- Exercise, listen to music, take deep breaths, try a hobby.
- Talk to a friend.
- Drink water.
- If you want to try to quit, stop-smoking medicines and counseling are covered by MassHealth, Commonwealth Care, Medicare, and many private health insurance plans. Call the number on the back of your insurance card for more information.

I have young children and cannot leave them alone. What should I do?

- Make a time with an older sibling, partner or neighbor to watch your children while you go outside to smoke.
- Take your children outside with you, but smoke away from them.
- Plan an outdoor activity such as going to the park, taking a walk, or jumping rope.

Resource retrieved from <http://www.pregnets.org/mothers/SecondHand.aspx>, Pregnets. Adapted from Health Canada's resource: Make your home and car smoke-free: A guide to protecting your family from second-hand smoke (2006). <http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/second-guide/index-eng.php>

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Get **FREE** help to quit smoking at **1-800-QUIT-NOW**
(1-800-784-8669). www.makesmokinghistory.org

Make smoking history.