## **Smoke-Free Home Pledge**

It is difficult to ask people not to smoke in your home, but it creates a healthier environment. It may help the smoker to smoke less. To protect yourself and your loved ones, commit to a smoke free home! Secondhand smoke causes many health problems such as asthma, stroke, heart disease and cancer.

Check the things YOU will do to make your home smoke free!	
	Talk with your family about making your home smoke free (especially when kids are home). <i>Be polite but firm.</i>
	Ask your family and friends to smoke outdoors and away from windows. <i>It is not enough to just open a window. The hallway is not outdoors.</i>
	Make a <b>RULE</b> that your home is smoke free!
	Put "Smoke -Free Home" signs or magnets on the fridge and around your home.
	Remove all ashtrays from inside your home.
	Set up a smoking area outdoors.
	Have gum or mints available for smokers.
	Thank your friends and family for keeping your home smoke free.
Ι,	, on pledge to protect myself
and others fr	om the health risks of secondhand smoke by keeping my home smoke-free.
Signature	
Date	