

# 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.



## 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). Be polite but firm.
- Ask your family and friends to smoke outdoors and away from windows. It is not enough to just open a window. The hallway is not outdoors.
- Make a RULE 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.

Does anyone smoke in your home? \_\_\_\_\_YES \_\_\_\_\_NO

Would they like information on quitting? \_\_\_\_\_YES \_\_\_\_\_NO

Name \_\_\_\_\_ Date \_\_\_\_\_



**healthy homes**

a program of the Boston Public Health Commission

617-534-5966 [www.bphc.org](http://www.bphc.org)

Call the Asthma Program at  
617-534-5966 for help with quitting!