

Making Your Home and Car Smoke Free



California
Smokers'
Helpline

1-800-NO-BUTTS

What does it mean to have a smoke-free home and car? It means that people know they can't smoke there anymore.



Why to Do It

Secondhand smoke can be as unsafe as smoking.

Smoke from a burning cigarette, mixed with what the smoker exhales, is full of strong chemicals. It hurts the health of everyone who breathes it: children, adults, even pets.

A smoke-free home and car can make quitting easier.

Having to smoke outside is a hassle. This can help smokers cut back—often a first step toward quitting.

Once a smoker quits, a smoke-free home and car can cut the chance of relapse.

With no reminders like used ashtrays, lighters, etc., there's less temptation.

How to Do It

If you smoke...

- Make a plan to quit.
- Have a rule: no smoking in the home or car.

If you live with smokers...

- Ask them not to smoke in the home or car.
- Say you want everyone to be safe from secondhand smoke.

If smokers visit you...

- Ask them to step outside to smoke.
- Make a sign, or ask the children to make one. It might say, "Thank you for not smoking in our home."
- If people want to smoke in your car, ask them to wait till you get where you're going.

If people aren't happy about it...

- Explain that health is very important to you.
- It's OK to be firm.

Support your family members and friends who want to quit smoking.
Encourage them to call a quitline. Praise every effort they make.