







# Smoke-Free and

## ● Benefits

-  Your home and car will smell better.
-  Your sense of taste and smell will improve.
-  Your insurance rates might be lower.
-  You'll spend less time, energy, and money cleaning your curtains, walls, windows, and mirrors.
-  You and your kids will be healthier!

## ● Steps

- 1 Choose not to smoke inside your home or car.
- 2 Remove all ashtrays from your home. Place them outside. 
- 3 Hang "No Smoking" signs in your home and in your car.
- 4 Don't let others smoke inside your home or car.
- 5 Do not smoke if children are present.

## Free Resources

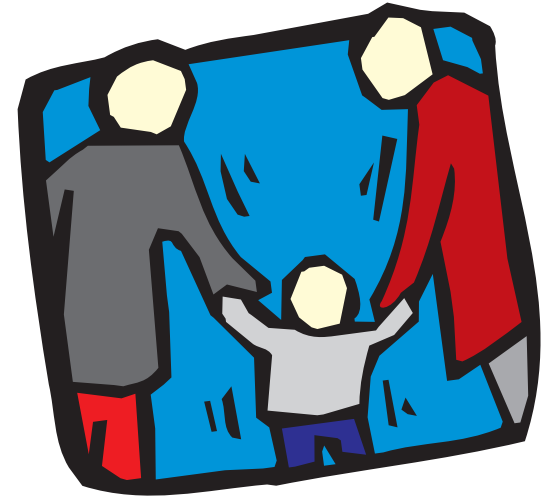
- **Utah Tobacco Quit Line**  
1-800-QUIT.NOW (784-8669)
- **Quit Kits**  
containing coupons for Nicotine Replacement products, smoke free homes and cars displays, and other information to help smokers quit are available by calling the Davis County Health Department at 801-525-5072.
- **Smoke Free Program**  
available for pregnant women who smoke and want help quitting. Please call 801-525-5079 for more information.

## Internet Resources

- Centers for Disease Control and Prevention  
[www.cdc.gov](http://www.cdc.gov)
- American Academy of Pediatrics  
[www.aap.org](http://www.aap.org)

Davis County Health Department  
22 S. State Street,  
Clearfield, UT 84015

eliminate  
**Secondhand**  
Smoke



Do It For  
Your Kids!

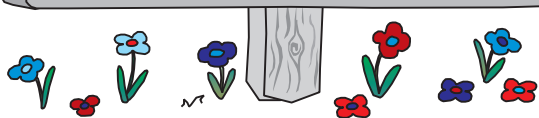
# eliminate

## Secondhand Smoke

**Secondhand Smoke**, also known as Environmental Tobacco Smoke, is a mixture of the smoke given off by the burning end of a cigarette, pipe, or cigar, and the smoke that is exhaled from the lungs of a smoker.

**Secondhand Smoke** contains the same chemicals that smokers inhale from a cigarette. This mixture contains more than 4,000 substances, 40 of which are known to cause cancer.

Protect Your Kids...  
make your  
home and car  
smoke-free!



The people you  
love...



are the people you  
want to protect from  
tobacco's harm.

Children who breathe secondhand  
smoke are more likely to suffer from:

- coughing & wheezing
- ear infections
- asthma attacks
- lung infections such as pneumonia & bronchitis
- common colds & flu lasting for a longer period of time
- low birth-weight & SIDS (Sudden Infant Death)



Information obtained from the Environmental Protection Agency and the Centers for Disease Control

**The best thing parents can do is quit smoking so  
that both parents and children are healthier.**