

Smokefree Homes and Child Health



Tobacco smoke exposure has dangerous health effects. There is no safe level of exposure to tobacco smoke.



Leftover smoke stays in a room long after a cigarette has been extinguished. This smoke can be inhaled by children, making them sick with ear infections, respiratory infections, or other illnesses.



Smoke travels through walls and ventilation systems. Opening a window or smoking in a separate room with the door closed are not enough to protect children.



In multi-unit housing buildings, smoke travels between units and into common areas, like hallways and stairwells.



The best way to protect your children from tobacco smoke exposure is to keep a 100% smoke-free home.

Tips for Keeping a Smokefree Home



1. Never allow anyone to smoke inside your home.
2. Talk to your family and friends to be sure they know the rule.
3. Explain that smoking is only allowed outside, to protect family health.
4. Set up a smoking area outside.
5. Keep ashtrays, lighters, and cigarettes outside (away from children).
6. When you smoke outside, wear a shirt or jacket that you can remove.
7. After you smoke outside, remember to wash your hands.
8. Consider posting a sign to remind visitors that smoking is not allowed.
9. Talk to your child's pediatrician about ways to quit smoking.
10. Call 1-800-QUIT-NOW for support with quitting tobacco for good.

