

How to Protect Yourself and Your Loved Ones from Secondhand Smoke

- The Surgeon General has concluded that there is no risk-free level of exposure to secondhand smoke. Breathing even a little secondhand smoke can be harmful.
- The Surgeon General has concluded that the only way to fully protect yourself and your loved ones from the dangers of secondhand smoke is through 100% smoke-free environments.
- Opening a window, sitting in a separate area, or using ventilation, air conditioning, or a fan cannot eliminate secondhand smoke exposure.
- You can protect yourself and your loved ones by:
 - Making your home and car smoke-free.
 - Asking people not to smoke around you and your children.
 - Making sure that your children's day care center or school is smoke-free.
 - Choosing restaurants and other businesses that are smoke-free. Thanking businesses for being smoke-free. Letting owners of businesses that are not smoke-free know that secondhand smoke is harmful to your family's health.
 - Teaching children to stay away from secondhand smoke.
 - Avoiding secondhand smoke exposure especially if you or your children have respiratory conditions, if you have heart disease, or if you are pregnant.
 - Talking to your doctor or healthcare provider more about the dangers of secondhand smoke.
- If you are a smoker, the single best way to protect your family from secondhand smoke is to quit smoking. In the meantime, you can protect your family by making your home and vehicles smoke-free and only smoking outside. A smoke-free home rule can also help you quit smoking.
 - Join the national trend. Take the Smoke-free Home Pledge by calling the toll-free Smoke-free Home Pledge Hotline at 1-866-SMOKE-FREE (1-866-766-5337) or visiting www.epa.gov/smokefree.
 - To access a telephone quitline serving your area, call 1-800-QUIT-NOW (1-800-784-8669) or visit www.smokefree.gov.