

Name: _____ Date: _____

Secondhand Smoke



Did you know that other people smoking or vaping around you is unhealthy for you? It is called secondhand smoke and it can be harmful for your health.

You can't make other people quit smoking, but you can try to avoid being around their smoke. Highlight or circle at least one thing you can do now to avoid secondhand smoke:



In your home:

Make a rule that anyone who smokes or vapes needs to do it outside.



In your car:

Don't allow anyone to smoke or vape in your car.



In someone else's home or car:

Let them know what you've learned about secondhand smoke and encourage them to smoke outside only. You can't make them change, but you can let them know what you know.

Offer to spend time at your home instead of theirs, whenever possible.

Politely ask them not to smoke while you are around.



If you live in an apartment building:

Smoke can travel between apartments, causing the chemicals to enter your apartment. Talk to your landlord or apartment manager about making the building/complex smoke free.



In public places:

Only go into businesses/bars/casinos that are smoke free.

Avoid the areas that are for smokers.

If you see someone smoking where they aren't supposed to, consider letting someone know, if you feel safe to do it.

Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.