

National Non-Smoking Week is January 17 – 23 and we want to encourage families to take action to create a tobacco-free future!

The best way to protect your family and to work towards a tobacco-free future is to make your home and car tobacco-free. Children who grow up with parents who role model a tobacco-free lifestyle are less likely to use tobacco themselves. Work together as a family to make a plan.

- ≈ Talk about all of the benefits of having a tobacco-free home and vehicle.
- ≈ Plan for guests who may want to smoke.
- ≈ Set up an area outside away from doors and windows for smokers to use.
- ≈ Remove all ashtrays from inside your home and clean out the one in your vehicle.
- ≈ Hang signs to welcome guests to your tobacco-free home and vehicle.

Benefits of a Smoke-free Home & Vehicle

- ≈ Improved health by reducing or eliminating exposure to the 7,000 chemicals in tobacco smoke, including 69 known to cause cancer.
- ≈ Creating smoke-free environments offers protection from the harmful effects of second and third hand smoke.
- ≈ Is better for children's health because they are still developing physically and have higher breathing rates.
- ≈ Reduces the incidence of childhood asthma and long term respiratory problems.
- ≈ Reduces the risk of non-smoking adults developing heart disease.
- ≈ The health of your pets will improve.
- ≈ The air in your home and vehicle will be much fresher, cleaner and will smell better.
- ≈ You will lower the chances of fire in your home
- ≈ Your cooking will taste better because your ingredients have not absorbed the smell of second-hand smoke.
- ≈ You will save time, money and energy by not having to clean your curtains, walls, windows and mirrors as often.
- ≈ You won't need to paint your walls and ceilings as often.
- ≈ The resale value of your home and vehicle may be greater.
- ≈ You will be less distracted while driving and you will lower the chances of traffic violations and accidents.

For more information: **Health Canada - Make Your Home and Car Smoke-free**

Celebrate your success as a family to create a tobacco-free future!



**Our Home is
Smoke-Free!**

**Our vehicle is
Smoke-Free!**

For more information or for available programs & services in your area contact:

Mental Health Help Line 1-877-303-2642
Addiction Help Line: 1-866-332-2322
HEALTHLINK Alberta 811

Don't be fooled by tobacco in disguise and be sure to include these products in your plan for a tobacco free home & vehicle. Tobacco is harmful no matter how it is used. All of these products can have nicotine in them, even when the label says they don't. They can also have the same harmful chemicals that cigarettes do.

www.albertaquits.ca

These products are addictive and harmful just like cigarettes.

