Make your home smoke-free.

Secondhand smoke is the smoke that comes from cigarette or other tobacco that someone other than you is smoking.

Secondhand smoke is dangerous to your health.
- Secondhand smoke can cause lung cancer in adults and is also bad for the heart.
- Secondhand smoke is linked to Sudden Infant Death Syndrome (SIDS).

Remember:
Keeping a smoke-free home can help improve your health, the health of your children, and your community.

Protect Your Family
- Make your home and car smoke-free.
- Family, friends, and visitors should never smoke inside.
- If you smoke, smoke outside.
- Ask your doctor for ways to help you stop smoking.

www.epa.gov/smokefree

Thank you for not smoking.