

Simple steps to a smokefree home

It's easy to protect children from secondhand smoke.
Follow these simple steps to make your home smokefree.

- The best way to protect others from secondhand smoke is to quit smoking completely. If you don't feel ready to quit yet, at the very least make sure you have a smokefree home and car.
- A smokefree home is a home where no one EVER smokes inside – without exception.
- Only smoke outside and take at least seven steps away from the door. Close the door behind you if it is safe to do so.
- Keep an old coat, shoes and umbrella by the door. Store them in a covered area outside if possible. Wear them when you smoke, and take them off before you come inside.
- Keep a jar of sand outside where you smoke for cigarette butts. Empty it each time you smoke.
- After smoking outside, wash your hands and if possible clean your teeth. Avoid breathing on young children for at least 30 minutes.
- Tell friends, family and guests that your home is now smokefree before they arrive.
- If you are making your home smokefree, consider washing curtains and upholstery to remove any toxic chemicals.
- When you go smokefree, it is a good opportunity to give the house a spring clean or decorate.
- Put all lighters, cigarettes and vapes out of sight and reach of children.
- Having a smokefree home also means that you are likely to cut down on smoking. Take a step further by quitting. Contact the Hampshire Stop Smoking Service on **01264 563 039** or **0800 772 3649**. Or, text **QUIT** to **80011**.

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