

# Simple steps to a smoke free home

It's easy to protect children from second hand smoke.  
Follow these simple steps to make your home smoke free.

- A smoke free home is a home where no one EVER smokes inside – without exception.
- Only smoke outside and take at least 7 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 mins.
- Tell friends, family and guests that your home is now smoke free before they arrive.
- If you are making your home smoke free, consider washing curtains and upholstery to remove any toxic chemicals.
- When you go smoke free, 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 smoke free home also means that you are likely to cut down on smoking. Take a step further by quitting. Contact Smokefree Hampshire, **01264 563039** or text QUIT to 66777. [www.smokefreehampshire.co.uk](http://www.smokefreehampshire.co.uk)

