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Health Bulletin

#63 in a series of Health Bulletins on issues of pressing interest to all New Yorkers

How to Make Your Home Smoke-Free

And why now is the time to do it

・Available in Spanish and Chinese: call 311 or visit nyc.gov/health CARE・Disponible en español: llame al 311 o visite nyc.gov/health NEWYOM・需要中文服務 - 可電 311 或造訪網址 nyc.gov/health NYC

Why have a smoke-free home?

Second-hand smoke is very harmful to health.

- Non-smokers who live with second-hand smoke are more likely to get sick or die from serious illness such as cancer and heart disease.
- Women who live with second-hand smoke are more likely to have low-birthweight babies, pre-term delivery, and miscarriage.
- Even cats and dogs whose owners smoke have higher rates of cancer!

Second-hand smoke is especially bad for children. When parents smoke ...

- Babies are more likely to die from Sudden Infant Death Syndrome (SIDS).
- Children have more illnesses, including ear infections and asthma.
- Teens are more likely to become smokers themselves.



Smoking damages your home and your property

- Cigarette smoke permanently damages furniture, curtains, rugs, paint, clothing, bedding, books, art and other items.
- Cigarettes can leave burn marks on furniture and rugs.
- Smoking is a leading cause of home fires.
- Insurance rates are often higher. (Check with your insurance company about lower rates for smoke-free homes.)

More and more families have rules against smoking

Even smokers are making their homes smoke-free.

- The best way to protect your family from second-hand smoke is to quit smoking, but even smokers can protect those around them.
- 2 out of 3 New York City adults including a third of the city's smokers have rules against smoking in their homes.

There are many advantages.

- A smoke-free home is safer and healthier.
- A smoke-free home smells better.
- A smoke-free home is easier to clean.
- A smoke-free home is easier to sell.
- A smoke-free home is *more pleasant* to guests most people hate to be around second-hand smoke even for a little while.
- Having a smoke-free home makes it easier to quit smoking.

How to make your home smoke-free

Tell everyone – family, caregivers and guests.

- Tell your friends and family you don't allow smoking in your home.
- Post a "Smoke-Free Home" sign on your door. It will spare you having to tell people one-at-a-time.
- Have all the smokers you live with sign a pledge to keep your home smoke-free.
- Remove ashtrays, lighters and matches from your home.
- Have low-calorie or sugar-free gum or candy available as an alternative to smoking. Or try cutting up fresh fruit and raw vegetables for people to snack on.
- Be polite but firm. If people must smoke, insist that they do it outside.
- Thank people for helping keep your home smoke-free.
- Let them know you're rejecting the *smoke*, not the smoker.
- It may take hard work and a little time to get everyone to agree.
 Don't give up you're doing something important!

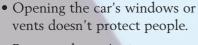
Make your whole home smoke-free (not just a couple of rooms).

- Moving to another room, opening a window, or using a fan or air filter does NOT protect people.
- Keep your home smoke-free even when no one else is around. Second-hand smoke lingers long after a cigarette is put out.

Make your car smoke-free, too

• Set a "no smoking" policy in your car as well as your home. (Many people post signs.)

• Second-hand smoke is harmful in any enclosed space.



 Remove the car's cigarette lighter and ashtray.

• Smoking reduces a car's resale value.









More Information and Help

- New York City Health Department:
 - Visit nyc.gov/health/smokefree or call 311 for free help to stop smoking.
 - Health Bulletins: nyc.gov/health or call 311 and ask for # 46: Still Smoking? Cigarettes are eating you alive
- Roswell Park Cancer Institute: www.smokefreehome.org
- U.S. Environmental Protection Agency Smoke-Free Homes and Cars Program: www.epa.gov/smokefree
- Smoke Free Homes Project: www.kidslivesmokefree.org
- Centers for Disease Control and Prevention: www.cdc.gov/tobacco



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New York City Department of Health and Mental Hygiene

125 Worth Street, Room 1047, CN 33 New York, N.Y. 10013

Michael R. Bloomberg, Mayor Thomas R. Frieden, M.D., M.P.H., Commissioner

Bureau of Communications

Geoffrey Cowley, Associate Commissioner Cortnie Lowe, M.F.A., Executive Editor Drew Blakeman, Senior Writer Cheryl de Jong-Lambert, Senior Writer

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Division of Health Promotion and Disease Prevention

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