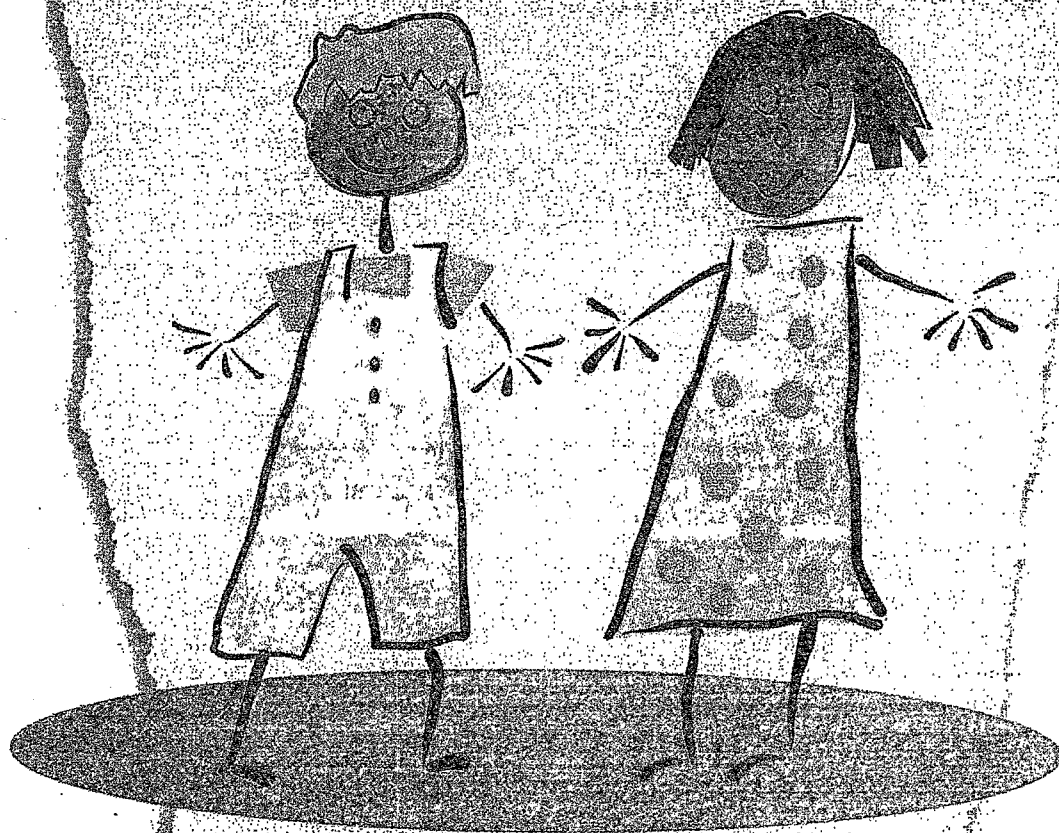




# TAKE THE SMOKE-FREE *home* PLEDGE



go out for your kids

# Help

spread the word  
in your community:

- Make sure your children are not exposed to tobacco smoke at their school, pre-school, daycare, or in cars or buses.
- Help other parents and caregivers understand the health risks to children from secondhand smoke.
- Encourage friends and other parents to Take the Pledge and make their home a "Smoke-Free Home."
- Educate others through local hospitals, doctors, or community groups about health risks from secondhand smoke.



For More Information Visit EPA's Website:  
[www.epa.gov/smokefree](http://www.epa.gov/smokefree)

# Pledge

to make your home  
smoke-free

Call our toll-free Smoke-Free Home Pledge  
Hotline 1-800-513-1157.

A Smoke-Free Home Kit will be mailed out to you  
which includes:

- Tips on Keeping your Home Smoke-Free
- Smoke-Free Home Magnet
- Smoke-Free Home Certificate

Do the Right Thing!  
Go Out for Your Kids.



I, \_\_\_\_\_, on \_\_\_\_\_,  
hereby pledge to maintain a "smoke-free"  
home and to continue to protect our children  
from the health risks of secondhand smoke.

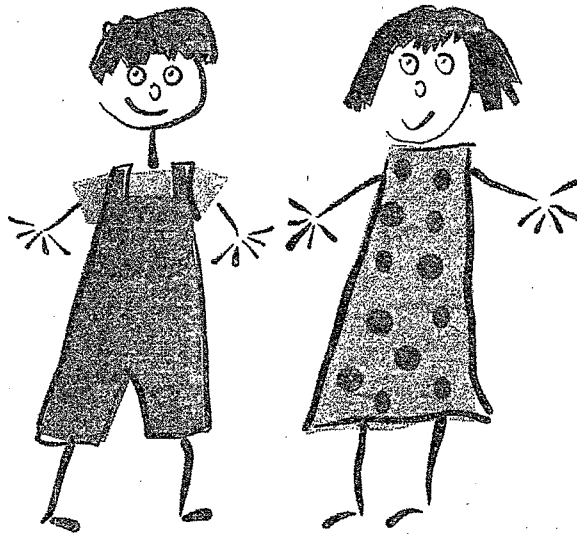


Congratulations on making your home smoke free!

# EPA

has found that children who breathe secondhand smoke are more likely to suffer from:

- Bronchitis and pneumonia
- Wheezing and coughing spells
- More ear infections
- More frequent and severe asthma attacks



# According

to the National Cancer Institute, there are links between secondhand smoke and:

- Sudden Infant Death Syndrome (SIDS)
- New cases of childhood asthma
- Behavioral and cognitive problems in children

Breathing secondhand smoke can be harmful to your children's health. You can protect your children by making your home smoke-free. Take the Smoke-Free Home Pledge and protect your children from the health risks of secondhand smoke.

# How

to keep a  
smoke-free home:

- Choose not to smoke in your home and do not permit others to do so.
- Choose not to smoke if children are present, especially infants and toddlers. They are especially vulnerable to the effects of second-hand smoke.
- Do not allow baby-sitters or others who work in your home to smoke in the house or near young children.
- If you must smoke, choose to smoke outside. Moving to another room or opening a window is not enough to protect your children.

*Join the millions of Americans who are protecting their children from second-hand smoke. Take the Smoke-Free Home Pledge today.*