

w w w . t o b a c c o p r e v e n t i o n . n e t

Protect the health of your children and relatives by keeping your home smoke-free. If guests or household members must smoke, ask them to take it outside as neither designating smoking rooms, purifying the air, nor ventilating the house eliminates exposure of non-smokers to dangerous secondhand smoke.

Make sure that your child's school, babysitter, or daycare is smoke-free.

Take care of your family and friends by not allowing smoking in the car.

Approach your tribal council about passing policies to make tribal buildings smoke-free.

Request non-smoking hotel rooms when you travel.

Support smoke-free casinos by choosing non-smoking gaming areas.

Talk about the dangers of secondhand smoke with your relatives and ask them not to smoke around your children.

Encourage your employer to pass a smoke-free workplace law.

Choose non-smoking restaurants and thank them for providing clean air. Or tell the manager at your favorite restaurant you'd like them to go smoke-free.

Find a respectful way to talk with your elders about the dangers of secondhand smoke.

Collaborate with tribal or community tobacco prevention programs to address secondhand smoke in your community.

