

PROTECT YOUR HEALTH: LIVING WITH A SMOKER

SECONDHAND SMOKE IS DANGEROUS. DON'T BE SHY ABOUT MAKING YOUR HOME SMOKE-FREE.

You spend a lot of time at home so it is important that it is smoke-free

- Secondhand smoke is bad for your health. It causes premature death and disease in children and nonsmoking adults
 - People who breathe secondhand smoke face many of the same health risks as smokers, including cancer and heart disease.
 - Children who are exposed to secondhand smoke are more likely to have colds, bronchitis, pneumonia, ear infections, and asthma.
- While you might be used to secondhand smoke in your home, it is important to clear the air.
- Opening a window or turning on a fan does not take the poisons from smoke out of the air.

An idea of what to say:

“I know it’s hard for you to stop smoking but I know you care about my health.

Do you think you would be able to smoke outside from now on? I don’t want to hurt your feelings but this is really important to me.”

Starting the conversation...

- Not sure how to tell someone not to smoke inside? Try these tips
 - Explain your concerns about breathing secondhand smoke.
 - Make it clear that it is the smoke you want to avoid, not the person.
- If the smoker is reluctant to go outside, don’t give up. This is an important health issue.
- Be sure to thank the smoker for respecting your health.
- Put no-smoking signs inside the front door letting visitors know your home is smoke-free.

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For help with quitting smoking contact your doctor or call the WI Tobacco Quit Line at (800) QUIT-NOW

This resource was created by the Tobacco Control Resource Center for Wisconsin • www.tobwis.org



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TO DOWNLOAD A SET OF TIP CARDS TO HELP KEEP BUSINESS OWNERS AWARE OF THE DANGERS OF SECONDHAND SMOKE.