

Protect your Children

Take the Smoke-Free Home Pledge

English Here



Español Aquí

Proteja a sus hijos

Haga la promesa de mantener su hogar libre de humo



Protect your Children

Secondhand smoke is the mix of smoke given off by a cigarette and the smoke exhaled by a smoker.

Secondhand smoke can cause serious health problems.

People who breathe secondhand smoke are more likely to develop heart disease and lung cancer.*

Protecting children is really important because young children who breathe secondhand smoke are more likely to:

- Get bronchitis and pneumonia
- Have more ear infections*
- Have more asthma attacks
- Wheeze and cough

Infants need extra protection; breathing secondhand smoke has been linked to Sudden Infant Death Syndrome (SIDS).*

It's not enough to:

- Move to another room
- Turn on a fan
- Open a window
- Blow smoke away
- Use air fresheners or candles

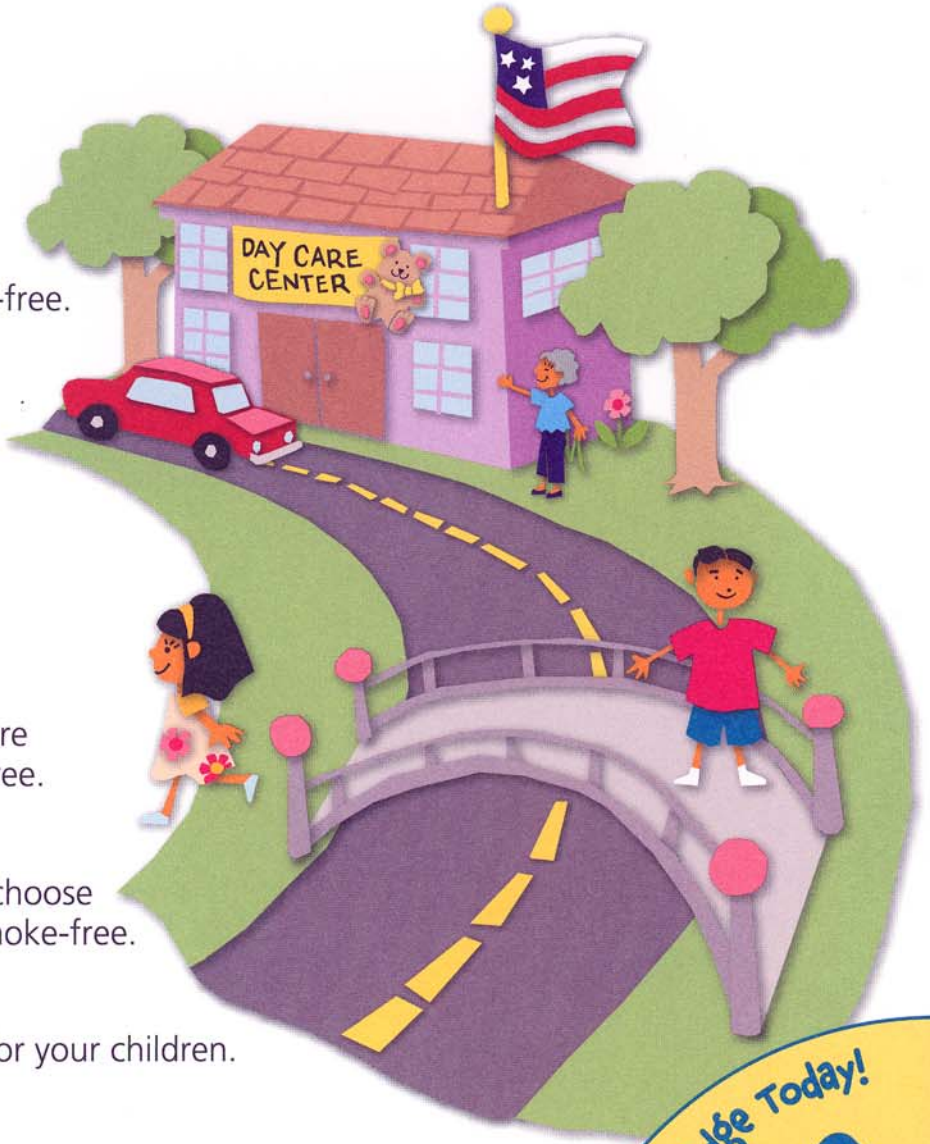
* Based on findings of the California Environmental Protection Agency and the National Cancer Institute.



Take the Pledge: call 1-866-SMOKE-FREE or visit www.epa.gov/smokefree

Be a Hero!

- Make your home and car smoke-free.
- Do not smoke around children.
- Do not allow others, including childcare providers, to smoke around your children.
- Make sure your children's day care centers and schools are smoke-free.
- Support family and friends who choose to make their homes and cars smoke-free.
- Choose smoke-free restaurants for your children.



Pledge Today!



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Pledge to Keep a Smoke-Free Home and Car

Prometa no fumar ni en su hogar ni en su automóvil

Step 1: Call **1-866-SMOKE-FREE** (1-866-766-5337).

Step 2: Simply enter your five-digit zip code.
Your pledge is private.

Step 3: Congratulations, you've made the pledge!
You can also order your Smoke-Free Home Kit, which
includes a certificate, magnet,
decals, and more. It's FREE.

You can even take the pledge online
at **www.epa.gov/smokefree**, and
print out your own certificate.



Paso 1: Llame al **1-866-SMOKE-FREE**
(1-866-766-5337).

Paso 2: Sencillamente ingrese los cinco dígitos de su
código postal. Su promesa es privada.

Paso 3: ¡Felicitaciones!, ya hizo la promesa. También
puede pedir su juego de materiales de un Hogar Libre
de Humo, el cual incluye un certificado, un imán,
calcomanías, y mucho más. Es GRATIS.

Usted puede incluso hacer su promesa en línea
en **www.epa.gov/smokefree**, e imprimir su
propio certificado.



Smoke-Free Homes Program
Programa de Hogares Libres de Humo



United States Environmental Protection Agency
Office of Air & Radiation (6609J) February 2004
EPA-402-F-04-002 www.epa.gov/smokefree

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