

Attachment G: Benefits of a Smoke-Free Home and Tips for Making Your Home Smoke Free

Benefits of a Smoke-Free Home

The greatest benefit of having a smoke-free home is that you will remove the health risks associated with secondhand smoke. Additional benefits include:

- Removal of health risks associated with SHS.
- Home smoking restrictions prompt smokers to quit.
- Youth are less likely to begin smoking.
- Your home will smell better when it is smoke free.
- The air in your home will be fresher, cleaner, and smell better.
- You will lower the chances of fire in your home.
- Your food will taste better.
- Less time and money will be spent on cleaning your carpets, windows, walls, and mirrors.
- Your insurance rates may be lower.
- The resale value of your home may be greater.
- Your pets will be healthier. For example, secondhand smoke increases the risk of cancer in dogs.



Tips for Making Your Home Smoke Free

- Talk about it! Sit down with everyone living in your home and discuss ways to make your home smoke free.
- Don't allow smoking in your home. Politely ask people to smoke outside, even house guests.
- Make it clear that you are keeping your home smoke free to protect others in your home, not as a punishment to someone who smokes.
- Make the smoking area as comfortable for them as possible.
- Do not allow babysitters or other people who work in your home to smoke in the house or around your children.
- Thank your friends and family for helping to keep your home smoke free.
- Make a sign or put up a sticker that indicates that you have a smoke-free home.
- If you smoke, or another person in the house smokes, make the commitment to take it outside or quit altogether. Here are some quitting resources:

Quit Line: English: 1-888-567-TRUTH (8788)
Spanish: 1-877-629-1585
TTY: 1-877-777-6534

QuitNet: <http://www.utahquitnet.com/>

Tobacco Free Resource Line: 1-877-220-3466 (to obtain information on harmful effects of tobacco use, and self-help materials)

Cessation Directory: http://www.tobaccofreeutah.org/utah_tobacco_cessation_resource_directory_introduction-1.htm (to find available cessation programs in your area)