

Strategies for Avoiding Second-Hand Smoke

In public...

Find out where smoking is banned in your community. Avoid places where smoking is allowed.

Eat and drink in 100% smoke-free restaurants (including patios!).

Don't be afraid to approach business owners or staff if smoking laws are being broken on their property. It's their responsibility to make sure these laws are followed.

If someone is smoking near you and your friends (e.g., on a sidewalk, at a bus stop, in a park, or at a party), ask them politely to move away. If you must share a space with someone who is smoking, move as far away as possible.

At home or in a car...

If you live with someone who smokes, talk with your family about keeping your home and cars smoke-free.

Post a sign on your front door or in your window to remind visitors that your home is smoke-free.

If a visitor asks to smoke in your house, politely ask them to take it outside instead. Request that they smoke at least 20 feet from doorways and windows.

Let people know in advance they can't smoke in your car. If you take a road trip with someone who smokes, stock up on mints or gum to help them with their cravings.

More tips!

What you say can have a big influence on others. Protect your friends! Let them know (without being judgemental!) about the dangers of cigarette smoke.

Be an ally! Support smokers who are trying to quit. It's not an easy thing to give up, and they will appreciate your encouragement!

Your voice counts! Attend public meetings or write a letter to your public officials about smoke-free policies and express your views.

Support organizations in your area that are working to protect non-smokers.