

Sample Newsletter Inserts

Benefits of a Smoke-Free Home

The greatest benefit, of course, is that you will remove all the health risks associated with secondhand tobacco smoke. Plus

- When your home is smoke-free, it will smell much better.
- Your food will taste better.
- You'll spend less time, energy, and money cleaning your curtains, walls, windows, and mirrors.
- Your insurance rates may be lower—check with your insurance company.
- Even your pets will be happier. For example, secondhand smoke increases the risk of lung cancer in dogs.

How to Make (and Keep) Your Home Smoke-Free

- It may feel awkward at first to tell people not to smoke in your home—no one wants to make guests uncomfortable—but if you simply explain the facts about secondhand smoke, they should understand completely. Tell them that for the sake of your family's health, you simply cannot allow smoking in your home. Have gum or mints available as an alternative to lighting up. If visitors absolutely must smoke, tell them they can do so outside.
- Post a sticker near the front door declaring your home to be smokefree.

How to be a Cessation Motivator

- If someone in your household smokes, be sympathetic and understanding—but encourage him or her to quit. Let that person know that cigarette smoke affects everyone, not just the smoker. Let them know you care and you want to help. Again, if someone absolutely must smoke, ask that person to do so outside.
- When someone is ready to quit, have them call the Oregon Tobacco Quit Line at 1-800 QUIT-NOW. This service will provide free phone-counseling and linkages to appropriate local resources.

Educational materials available at lungoregon.org