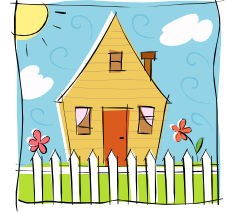




Protecting Yourself & Your Family From Secondhand Smoke



In the Home:

- Pledge to keep your home and car smoke-free!
 - For a **No Smoking Children Breathing** decal to place on your car or home windows call 1-800-LUNG-USA, or visit www.marylandlung.org.
 - If you smoke, take it outside. Smoking in another room or with open windows does not keep others from breathing in the smoke.
 - To request information about quitting call 1-800- LUNG-USA, or visit www.marylandlung.org.
- Choose a smoke-free childcare provider.
- If you live with a smoker - chances are they feel badly about their habit and wish they could quit. Be gentle, but firm in your request that they smoke only outside.
- Support smokers who decide they're going to quit.

In Public Places:

- Always request and take the smoke-free options that are available when you travel. Be certain to let hotels and venues that are not smoke free know that you won't be patronizing them for that reason.
- Congratulate smoke-free venues for their choices and let them know you appreciate their concern for your health and that of their employees.
- Eat in smoke-free restaurants. "Smoking sections" don't prevent smoke from traveling through the air. Let businesses that are not smoke-free know that is the reason you won't patronize them.
- Educate bar and restaurant employees and owners about the dangers of secondhand smoke. You can order and use restaurant stickers by calling 1-800-LUNG-USA, or visiting www.marylandlung.org. Place them on your bill to let bar and restaurant owners know you prefer smoke-free dining!

Further Steps for Nonsmokers:

- Be polite to smokers without giving up your right to breathe clean, smoke-free air. If you encounter hostility - do not respond with hostility. Instead work to change the policy of the place you're in, and get help from those in charge of compliance with the policy.
- Educate public officials, newspapers, and businesses on the need for clean air policies.
- Attend public meetings and express your views.
- Know the laws in your community and in places to which you travel.
- Support local and state organizations in your area that are working to protect nonsmokers.



1-800-LUNG-USA ☎ www.marylandlung.org
Improving Life, One Breath at a Time®

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