

# Smoke-Free Home Pledge

Breathing secondhand smoke can be harmful to your children's health.

The EPA (Environmental Protection Agency) has found that children who breathe secondhand smoke are more likely to suffer from: bronchitis, pneumonia, wheezing, coughing spells, more ear infections, more and frequent severe asthma attacks.

You can protect your children by making your home smoke-free. Take the Smoke-Free Home Pledge and protect your children from secondhand smoke.

## How to keep a smoke-free home:

- Choose not to smoke in your home and do not permit others to do so (ie: babysitters, guests).
- Choose not to smoke if children are present, especially infants and toddlers. They are especially vulnerable to the effects of secondhand smoke.
- If you must smoke, choose to smoke outside. Moving to another room or opening a window is not enough to protect your children.

## Take the Smoke-Free Home Pledge today!

Go to [www.epa.gov/iaq/ets](http://www.epa.gov/iaq/ets) and join the millions of Americans who are protecting their children from secondhand smoke.



1-800-513-1157  
[www.epa.gov/iaq/ets](http://www.epa.gov/iaq/ets)



[www.smokefreedutchess.net](http://www.smokefreedutchess.net)