

Make your

# Home Free

from ETS



## What is ETS?

ETS (environmental tobacco smoke) comes from exhaled smoke and the burning ends of cigarettes, cigars, and pipes. ETS is dangerous for kids.



## ETS can increase your kids chances of:

- Colds and Flu
- Pneumonia
- Ear infections
- Asthma attacks
- SIDS (Sudden Infant Death Syndrome)
- Growing up to be a smoker

## How do I make my home smoke free?

- Quit smoking yourself
- Ask others not to smoke near your child
- Ban smoking in your home
- Don't allow smoke in your car
- Post "Thank You For Not Smoking" signs in your home and car

IPS  
Logo



To get help or more information, call:

**1-877-220-3466**

(Toll Free in Utah)

Brought to you by The Helping Families Kiss Tobacco Goodbye Campaign, a partnership between the Utah Department of Health and the Intermountain Pediatric Society.

Make your

# Home Free

from smoking



## Why Quit?

- You will feel better right away
- Your health will be better in the long run
- You will save money
- Your kids will be healthier

## Get Ready!

- Set a quit date
- Ask for help from friends and family
- Talk to your doctor about nicotine replacement or a prescription

## Get Set!

- Notice when and where you smoke
- Change your smoking routines



## Go!

- Toss your cigarettes, lighters, and ash trays
- Take it one day at a time
- Keep your mouth busy - with gum or carrot sticks
- Reward yourself
- Avoid the guilt trip – don't allow a slip or two to draw you back into smoking

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