



Creating a Smoke-Free Home Rule — not allowing smoking in the home at anytime or anywhere, not only reduces the dangers of secondhand smoke, but also has many other health benefits for everyone living in and visiting your home.

WHAT? Smoke-Free Homes is a **FREE** program designed to help reduce exposure to second hand smoke.

WHO can participate? Households with at least one smoker and one non-smoker (or child). Participant must be 18 years of age or older.

WHY? Have a smoke-free environment in your home and don't have to quit smoking

HOW? Complete 3 brief phone calls at no cost to you! [Enroll via phone](#)

Benefits of Smoke Free Homes:

1. Reduce exposure to secondhand smoke in adult non-smokers and children
2. Help smokers to quit or lower amount of cigarettes they smoke
3. Disrupt non-smokers from starting to smoke



Learn how to make the inside of your home smoke-free

Eligible participants can receive up to \$50 dollars in gift cards!

If you, or someone you know is interested in being a part of our Smoke Free Homes Program at Vista Community Clinic please contact one of our Specialists at anytime.



1000 Vale Terrace, Vista CA 92084

To enroll call Nancy 760-631-5000 x 7153 or Fatima 760-631-5000 x 7158

www.vcc.clinic