



What is Secondhand Smoke?

A mixture of smoke exhaled by a smoker and the smoke that comes from the lit end of a cigarette, cigar, or pipe.

Secondhand smoke exposure is harmful and can lead to various health problems among babies, young children, teenagers and adult non-smokers.

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.

HOW? Completed over the phone, and 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



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