

What You Can Do to Reduce Your Exposure to Secondhand Smoke

In Your Home:

- Choose to make your home smoke free. Let your family and friends know that you care about their health and yours.
- If members in your household smoke, ask them to smoke outside.
- Ask family and friends who smoke and visit your home to smoke outside.
- Ask family and friends not to smoke inside your vehicle.
- If a family member is ready to quit smoking, support their challenge to beat the addiction. Call the NC Quit line at 1-800-Quit Now for free assistance.

In Your Workplace:

- Educate your co-workers about secondhand smoke.
- Support adoption of a 100% tobacco free policy at your place of work.
- Go to www.workingsmokefree.com to learn more about the benefits of smoke free workplaces.

In Your Community:

- Encourage your favorite places to go smoke free...talk directly to the manager at your favorite restaurants, bowling alley or other business about your support for them to go smoke free for the health of their customers and employees. Restaurants can call 704-283-3539 to find out how to participate in the Union County Smoke Free Dining initiative.
- Support and promote the 100% Tobacco Free Schools Policy at Union County Public Schools.
- Advocate for and support your children's preschool and/or childcare providers being 100% smoke free.
- Advocate and support youth athletic parks/programs adopting smoke free policies.
- Ask your church or synagogue to help educate members about the dangers of secondhand smoke as a health issue. Advocate for your faith-based organization to be smoke free.
- When you go out to eat, take your business to a smoke free restaurant. Go to www.smokefreeunion.com to view the list of smoke free restaurants in Union County. Let these restaurant owners know that you appreciate their choice of having a smoke free policy.
- Choose smoke free activities with your family and friends.
- Think ahead to how you will handle visits to homes that may not be smoke free.

