

PLEDGE

I promise to create a safe and healthy environment in my home and car by making them smoke free.

Signature

Date



Thank you for taking our pledge.

If you are interested in receiving our quarterly newsletter, please sign up below.

Please Print:

Name

Address

City

State

Zip

E-mail Address

Benefits of Quitting

- Breathe easier and reduce your risk of cancer, stroke & heart attacks.
 - Teeth will be whiter.
 - Reduce wrinkling/aging of skin.
-
- Home, car, clothing and breath will smell better.
 - Save money. A \$5 pack a day habit costs \$1825 a year.

Ready to Quit?

New York State Smokers' Quitline
1-866-NYQUITS
www.nysmokefree.com

Tobacco Action Coalition
of Long Island



www.breathefreely.org

Supported by the American Academy of Pediatrics
in collaboration with the American Cancer Society.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



New York Chapter 2

MAKE YOUR HOME AND CAR SMOKE FREE



Take the pledge to protect
your loved ones and pets...

FACTS

What is Secondhand Smoke?

- Secondhand smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe, or cigar, and the smoke exhaled from the lungs of smokers.
- This mixture contains more than 4,000 substances, more than 40 of which are known to cause cancer in humans or animals and many of which are strong irritants.
- Secondhand smoke has been classified by the U.S. Environmental Protection Agency (EPA) as a known cause of lung cancer in humans (Group A carcinogen).

Secondhand Smoke is a Serious Health Risk.

- Secondhand smoke kills more Americans each year than murder, drugs and AIDS combined.
- Children who live in a smoking home are more likely to be treated for asthma, pneumonia, bronchitis and middle ear infections.
- Dogs living in a smoking home are 1.6 times more likely to develop lung cancer.
- Cats living in a smoking home are more than twice as likely to develop feline lymphoma cancer.

What Should Smokers do?

- Provide a smoke free home and smoke free transportation for loved ones.
- Choose not to smoke in your home and do not permit others to do so.
- Smoke outside. Moving to another room or opening a window is not enough to protect your loved ones and pets.

Affirm your pledge to protect your loved ones and pets from secondhand smoke by displaying these decals in your home and car.



Welcome To Our
Smoke Free Home

Tobacco Action Coalition of Long Island www.breathefreely.org



Keep Me
Smoke Free

Tobacco Action Coalition of Long Island
www.breathefreely.org

Tobacco Action Coalition of Long Island
c/o American Lung Association of NYS
700 Veterans Memorial Highway
Hauppauge, NY 11788