

Goals for Avoiding Exposure to Smoke

If you smoke, enroll in a smoking cessation program when you are ready to try to quit.



If someone must smoke inside, keep the door to the bedroom closed.

Do not allow people to smoke inside your home. Ask family members and guests to smoke outside.



Ask family members and guests to smoke in a room where you do not usually spend time.



Try to increase the ventilation in the house by opening windows or running a fan.



Try to avoid homes or places where people smoke.



Avoid riding in cars where people are smoking.

Use an air-cleaning device with a HEPA filter to remove environmental tobacco smoke from the air.



Don't sit in smoking sections of public places.