Our Home is Free of Tobacco Smoke!

Tobacco smoke free homes and communities protect our children.

They are protected from the dangers of secondhand and thirdhand smoke.

- **Secondhand smoke is smoke that comes off of a lit cigarette, and comes out of the smoker's mouth and nose.**
- **Thirdhand smoke is smoke that stays in clothes, hair, walls, and furniture, and the skin of the smoker. It stays there even after the cigarette is put out.**

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Help protect our children from secondhand and thirdhand smoke by:

- **Not allowing anyone to smoke tobacco anywhere in or near your home.**
- **Not allowing anyone to smoke tobacco in your car, even with the windows down.**
- **Making sure that your children's day care centers and schools are free of tobacco smoke.**

Thank YOU!

A tobacco smoke free home protects our children. It helps them be healthier as they grow up. If you smoke tobacco, do it outside your home and car, or get help to quit. Call 1-800-QUIT-NOW (1-800-784-8669) or your Tribal or Indian Health Service clinic.

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