

Making Your Home & Car Smoke/Vape Free

Communicate Your Plan

Hold a family meeting to talk about how you are going to work together to create a smoke/vape free home and car.

List your family's reasons for wanting a smoke/vape free home and car. Although this might be more difficult for family members who smoke/vape, listen and be supportive.

In Your Car

- Post a smoke/vape free sign on your car window and let everyone know that you do not allow smoking/vaping in your car.
- Give your car a good cleaning. It is very difficult to remove all traces of smoking/vaping, but whatever you can do will help.
- Get rid of your car's ashtray. If you can't get rid of it, clean it and fill it with change or sugar free gum.

In Your Home

- Make sure everyone in the house, including visitors, knows that they have to go outside to smoke/vape.
- Post a "No Smoking/Vaping" sign on your front door and the smoke/vape free pledge on your fridge to let people know that you do not allow smoking in the house.
- Remove all ashtrays.
- Ensure your children's caregivers or babysitters do not smoke/vape around your children.

