

# Reduce Secondhand Smoke and Vaping Aerosol Exposure

There is no safe amount of secondhand smoke exposure. The home is the main place where children and adults are exposed to secondhand smoke and vaping aerosol.

THE SAFEST WAY TO PROTECT OTHERS FROM SECONDHAND SMOKE IS TO QUIT SMOKING CIGARETTES AND USING VAPES.

IF YOU OR SOMEONE IN YOUR HOME IS NOT READY TO QUIT, **THERE ARE WAYS TO REDUCE EXPOSURE TO CIGARETTE SMOKE, OR VAPING AEROSOL.**



Go smoke free in your home and car. Ask visitors to do the same.



Smoke outside, shower, and put on fresh clothes before interacting with your child.



Remove ashtrays from inside and outside your home where children are present.



Safely store your tobacco products away from children and pets.

OPENING WINDOWS, USING FANS, OR HEATING, COOLING, AND VENTILATION SYSTEMS DOES NOT ELIMINATE EXPOSURE TO SECONDHAND SMOKE.

**WA STATE QUITLINE**

Text **READY** to **34191** or  
Call **1-800-QUIT-NOW**  
1-800-784-8669

