

PERSONAL RESPONSIBILITY—HEALTH AND COMMUNITY



Assess Your Health Risk

CHECKLIST: WHAT IS YOUR EXPOSURE TO SECONDHAND SMOKE?

Even if you don't smoke, you may be breathing other people's smoke. Use this checklist to identify situations in which you are exposed to secondhand smoke. How can you avoid these situations?

- My spouse smokes in our home.
- I work in an environment where smoking is allowed.
- Several of my co-workers smoke in my presence.
- I frequently (two or more times a week) ride in a car with someone who is smoking.
- I frequently (several times a month) socialize with friends who smoke.
- I generally sit in the smoking section of restaurants.
- I am often (several times a month) in business places that allow smoking, such as bowling alleys, convenience stores, bars.

Assess Your Child's Health Risk

A CHECKLIST FOR PARENTS: WHICH OF THE FOLLOWING DO YOU DO TO PROTECT YOUR CHILD FROM SECONDHAND SMOKE?

- I did not/do not smoke when expecting our child.
- I avoided/avoid people who smoke while I am pregnant.
- No smoking is allowed inside our home.
- No smoking is allowed inside our car.
- I have chosen a child-care provider who does not smoke and does not allow smoking when children are present.
- Baby sitters for my children are not allowed to smoke when my child is present.
- I ask the principal at my child's school to ban smoking inside the school.
- I avoid socializing with friends who smoke when I have my child with me.
- When eating out with my child, we eat at restaurants where smoking is not allowed or sit in the nonsmoking sections of the restaurant.
- I avoid taking my child to places of business where people are smoking.
- I ask my children's coaches, music and dance teachers, 4-H and scout leaders, and others to avoid smoking when my children are present.
- List other things you do to reduce your child's exposure to secondhand smoke

YOU CAN REDUCE YOUR CHILD'S EXPOSURE TO SECONDHAND SMOKE!