



# HOW TO KEEP YOUR **VEHICLE SMOKEFREE & VAPEFREE**

Never, ever, smoke or vape in a vehicle that transports children. If you smoke or vape even once, the seats and other material can absorb the toxins and stay. Whether the window is open or not, the toxins will stay inside the vehicle.

- ◇ Remind your passengers **NOT** to smoke and vape in your vehicle.
- ◇ Remember to time yourself if you need to smoke or vape. If you are headed to work or picking up children from school, try to smoke or vape after and away from your vehicle. This will keep your vehicle smokefree, vapefree, and children healthy!
- ◇ If your vehicle has an ashtray, try to fill it with spare change or something small to avoid temptation to fill it with ash.
- ◇ Plug a cellphone charger or other device into the vehicle's adapter outlet to avoid using it as a lighter.



- ◇ Make the decision to quit and dispose of all cigarettes, e-cigarettes, and ashtrays. Begin today by calling **1-800-QUIT-NOW**(1-800-784-8669) to start your quitting journey.
- ◇ Consider putting up a house decal to remind visitors that your vehicle is smokefree and vapefree.

For more information visit:

<https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Importance-of-Smoke-Free-Homes-and-Cars.aspx>

