



Make Your Home a Smoke-Free Home

Join together with other Nebraskans to protect your children, loved ones, and yourself from tobacco and secondhand smoke.

- Keep your home smoke-free.
- Encourage your landlord to adopt a smoke-free building policy.

Did you know . . .

Secondhand smoke is not just a nuisance – It can cause cancer and many other diseases. In fact, secondhand smoke kills hundreds of people every year in Nebraska. Kids exposed to secondhand smoke are more likely to get colds, coughs, ear infections, asthma attacks, cancer, and other breathing problems.

Secondhand Smoke Spreads Through Apartment Buildings and Other Multi-family Units

Secondhand smoke doesn't respect boundaries, seeping through light fixtures, ceiling crawl spaces, and doorways into all areas of a building. Secondhand smoke cannot be controlled by ventilation, air cleaning, or the separation of smokers from non-smokers.

The only REAL solution is to make buildings entirely smoke-free.

Protect yourself and your family. You can help make your building smoke-free. Talk to your landlord about your choice for a smoke-free building policy.

FOR MORE INFORMATION: www.motac.org info@motac.org
(402) 546-1099

Need help quitting smoking, Call: 1-800-QUIT-NOW (1-800-784-8669)

Take the Smoke-free Home Pledge
Haga la Promesa de un Hogar Libre de Humo



- I pledge to protect my children and loved ones from the health risks of secondhand smoke by keeping my home and car smoke-free.

- Yo prometo proteger a mis niños y seres queridos de los riesgos de la salud asociados con el humo de segunda mano en el medio ambiente, manteniendo mi hogar y mi vehículo libre de humo.

Would you like information on quitting smoking mailed to you? Yes No
¿Desea recibir información de cómo dejar de fumar? Sí No

Name/Nombre: _____

Address/Dirección: _____

City/Ciudad: _____ State/Estado: _____ ZIP Code/Código Postal: _____

E-mail/Correo Electrónico: _____ Phone/Teléfono: _____

Congratulations on making your home and car smoke-free!
¡Felicitaciones por hacer que su hogar y su vehículo estén libre de humo!

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