

KEEP YOUR FAMILY SAFE BY MAKING YOUR HOME SMOKE-FREE



- Do not allow anyone to smoke inside your home.
- If your lease includes a smoke-free policy, make sure you and your guests follow the policy.
- Protect your family from smoke-related fires by making sure that people:
 - Do not smoke within 20 feet of the building.
 - Never smoke near things that can burn, such as bark mulch or planters.
 - Safely dispose of smoking materials in non-combustible containers filled with water or sand.
- Tell homeowner or management if you see:
 - Someone not following the property's policy regarding smoking.
 - People disposing of smoking products on the ground or putting them out in planters.
 - Overflowing cigarette butt containers.
- If loved ones use medical oxygen, make sure they don't ever smoke when using oxygen, and make sure others don't smoke around them.
- If you or someone you know is ready to quit, contact the Maine QuitLink at 1-800-QUIT-NOW.



“ If people smoked outside only, and extinguished their cigarette butts safely in water or sand, property owners’ risk of fire would be reduced significantly. They’d save thousands of dollars at turnover, and even more importantly, lives would be saved.”

– Joseph E. Thomas
Maine State Fire Marshal

If your building is not already smoke-free, ask your landlord to adopt a smoke-free policy.

BREATHE EASY
REDUCING SMOKE EXPOSURE IN MAINE

