

Welcome 
to my smoke-free
home!

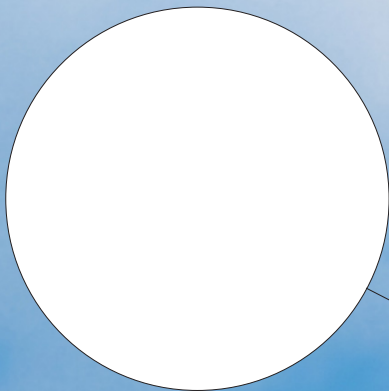
Thank you for not smoking.



**Healthy
HotSpot**

Connect to places for healthy living.

Healthy HotSpot is an initiative led by the Cook County Department of Public Health that aims to build healthy places in suburban Cook County through community partnerships.



Make your home a Healthy HotSpot.



Smoke-free homes help everyone breathe easier.

Thinking of quitting?

- 1.** Set a quit date: _____.
- 2.** Call the Illinois Tobacco Quitline for help at 1-866-QUIT-YES or visit www.quityes.org.
- 3.** Remove reminders of smoking.
Toss ashtrays, lighters and pack(s)!
- 4.** Wash all soft surfaces (furniture, drapes, carpets) and walls.
- 5.** Make a plan to keep busy at times you would normally smoke. For example, you could do a puzzle, take a walk, call a friend, go to the gym, or chew gum.

HealthyHotSpot.org

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