

Keep your family safe by making your home smoke free.



- Encourage people who smoke, to smoke outside.
- Do not extinguish cigarettes in plant pots, which often contain flammable material.
- Never smoke in bed or while using medication which may cause drowsiness.
- If you smoke, use large, deep ashtrays that can't be knocked over.
- Empty tobacco ashes into a metal container — not the garbage can — and put the container outside.
- If people have been smoking in your home, check behind chair and sofa cushions for cigarette butts before going to bed.
- Install smoke alarms on every storey and outside sleeping areas in your home. For added protection, install a smoke alarm in every bedroom.
- Test smoke alarms every month and replace batteries when you change your clocks to daylight saving time.

Ready to quit smoking?
Contact:
KFL&A Public Health,
Tobacco Information Line
613-549-1232 or
1-800-267-7875, ext. 1333.

“Even though approximately 81% of adult Ontarians do not smoke, careless smoking remains a leading cause of home fire deaths.”



~ Kingston Fire and Rescue

KFL&A

PublicHealth