

# Tobacco free



## homes

good for you  
and your environment

*A smoke-and-vape-free home has many advantages for you and those around you. Better health, better environment, helps to quit smoking and prevents accidents or fires.*



### 2<sup>nd</sup> hand smoke and aerosol

Both tobacco smoke and e-cigarette aerosol contain harmful emissions that affect the health of your co-habitants. From the 7,000 compounds in tobacco to the 22 toxic substances already identified in vaping, have a negative impact on your health. The harm is higher for children and pregnant women.

### 3<sup>rd</sup> hand smoke

Smoking produces residual contamination that remains on furniture, carpets, toys and curtains. There is an increased risk for crawling babies or children who put objects in their mouths, allowing toxic substances to penetrate through their skin. Your pets are also at risk with skin and vision problems.

*Smoking on a balcony or with an open window does not prevent the presence of pollutants inside your or your neighbours' homes.*



### Impact on household finances

Spending on tobacco and vapes hurts household finances, especially those on low incomes. Put the savings towards healthier eating, leisure and quality of life for your loved ones.



Calculate your savings on our website [Estilos de vida saludable](#):

