

## Protect Your Family from Secondhand Smoke Exposure With



Breathing secondhand smoke causes ear infections, asthma attacks, and respiratory infections. It increases risk for sudden infant death syndrome (SIDS).

**HealthiAir** is a pop-up

workshop that helps families make smoke-free comfort zones in their homes, identify practical ways to get started, and connect to resources they need. These fun, engaging events can be hosted anywhere, from community organizations to health facilities and schools.

A partnership between the Baltimore City Health Department and the Social Design Department at the Maryland Institute College of Art, HealthiAir was made by asking the citizens of Baltimore how best to provide help and support as they work to protect their families from smoke exposure.

Participants explore their experiences with smoking by moving through 5 different stations:

- 1. Sharing Stories (Precontemplation)**

Creating an open space to share and connect with others about how smoking has affected them on a personal level.

- 2. Exploring the Opportunities (Contemplation)**

Imagining, through drawing or writing, what an ideal smoke-free comfort zone would look like and how it would feel.

- 3. Accepting the Challenge (Preparation)**

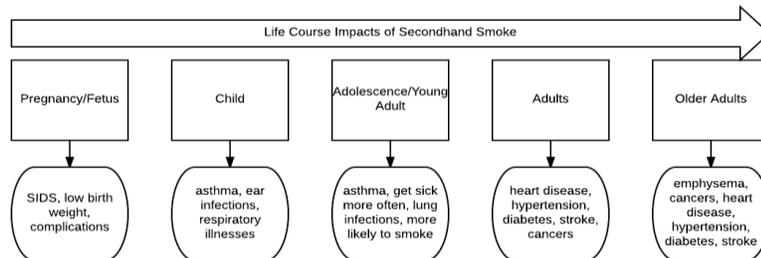
Discovering the benefits and challenges of creating a smoke-free comfort zone and identifying the first step by signing a family pledge.

- 4. Continuing the Process (Action)**

Celebrating where participants are on the journey and finding ways to keep them on track by creating House Promises - realistic and achievable steps made by families to create and maintain smoke-free comfort zones.

- 5. Supporting the Journey (Maintenance)**

Connecting participants with additional resources, such as free smoking cessation classes, connections to the MD Quitline, lead screening and asthma testing.



If you, your organization, or your housing unit are interested in scheduling a HealthiAir event, or if you are a Baltimore City resident interested in attending HealthiAir, please contact Casey Thomasson, Program Coordinator for Tobacco Free Baltimore with BCHD.

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