



Avoiding Secondhand Smoke and E-cigarette Aerosol

Directions:

Think about each action in the left-hand column. Place an “x” in the row after each action under the statement that best describes what you did and how easy or hard it was to do. Write any ideas or thoughts you have in the column titled “Comments.”

	I did not do this strategy.	I did this strategy, but it was sort of hard.	I did this strategy, and it was sort of easy.	I did this strategy, and it was very easy.	Comments
I avoided or reduced my exposure to smoke and e-cigarette aerosol by taking these actions:					
I asked family and friends not to smoke or use e-cigarettes in the house or car.					
I went outside.					
I moved away from the person smoking or vaping.					
I respectfully asked the person smoking or vaping to put out the cigarette or e-cigarette or find another place to smoke or vape by:					
Telling him what bothers me.					
Describing what I would like to happen.					