

Together we can help NU Go Blue!

I, _____, of _____ pledge to do one or more of the following:
[Name] [Community]

- Turn my home into a smoke-free space.
- Turn my car/truck into a smoke-free space.
- Will only smoke outside my home.
- Talk to friends and family about safe smoking distances from public doors and windows.
[Three metres from public buildings, and 15 metres from schools and playgrounds]
- Try to quit smoking.
- Join the Tobacco Has No Place Here Facebook page.
- Make an appointment with the nurse about my tobacco use.
- Talk to friends and family about tobacco use.

Signature: _____

Date: _____

