

Your children's  
**safety**  
is important to you.



Keep your kids even  
safer in the car.

Your children's  
**safety**  
is important to you.



Keep your kids even  
safer in the car.

Your children's  
**safety**  
is important to you.



Keep your kids even  
safer in the car.



Keep your car  
**smoke-free**  
at all times.



Keep your car  
**smoke-free**  
at all times.



Keep your car  
**smoke-free**  
at all times.

Your children are  
exposed to  
tobacco smoke...  
even if you smoke in  
the car alone.  
Tobacco smoke  
sticks in the car  
long after the  
cigarette is out.

## **You can quit.**

Ask your child's doctor  
or nurse to help you  
quit smoking today.

Call your local quitline  
directly for help.

# **CEASE**

1-800-QUIT-NOW  
1-800-784-8669

[www.ceasetobacco.org](http://www.ceasetobacco.org)  
[www.vahealth.org/cdpc/tobaccouse/quitline.asp](http://www.vahealth.org/cdpc/tobaccouse/quitline.asp)

Your children are  
exposed to  
tobacco smoke...  
even if you smoke in  
the car alone.  
Tobacco smoke  
sticks in the car  
long after the  
cigarette is out.

## **You can quit.**

Ask your child's doctor  
or nurse to help you  
quit smoking today.

Call your local quitline  
directly for help.

# **CEASE**

1-800-QUIT-NOW  
1-800-784-8669

[www.ceasetobacco.org](http://www.ceasetobacco.org)  
[www.vahealth.org/cdpc/tobaccouse/quitline.asp](http://www.vahealth.org/cdpc/tobaccouse/quitline.asp)

Your children are  
exposed to  
tobacco smoke...  
even if you smoke in  
the car alone.  
Tobacco smoke  
sticks in the car  
long after the  
cigarette is out.

## **You can quit.**

Ask your child's doctor  
or nurse to help you  
quit smoking today.

Call your local quitline  
directly for help.

# **CEASE**

1-800-QUIT-NOW  
1-800-784-8669

[www.ceasetobacco.org](http://www.ceasetobacco.org)  
[www.vahealth.org/cdpc/tobaccouse/quitline.asp](http://www.vahealth.org/cdpc/tobaccouse/quitline.asp)