



No matter where you
smoke,



it still hurts
you *and* your family.



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Your children are exposed to tobacco smoke... even if you smoke in front of a fan, a window or in the bathroom.

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-QUITNOW
1-800-784-8669

www.ceasetobacco.org
www.vahealth.org/cdpc/tobaccouse/quitline.asp

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