



No matter where you do it, it's still smoking.



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It still hurts you *and* your family.



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When you smoke,  
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.

CEASE and your  
child's doctor can  
help.

**CEASE**

**1-866-NY-QUITS**

**(1-866-697-8487)**

[www.nysmokefree.org](http://www.nysmokefree.org)

[www.ceasetobacco.org](http://www.ceasetobacco.org)

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