



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



It still hurts
you and your family.



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.

For more information
about quitting smoking,
call:

1-800-879-8678

1-800-833-5256 (Esp)

1-800-833-1477 (TTY)

www.trytostop.com

www.ceasetobacco.org

