



- Not ready to quit? There's still a lot you can do:
 - Never smoke inside your home or car.
 - Never smoke when children are present, even outdoors.
 - Ask family and friends to leave their smoke outside.
 - Make sure there's no smoking at child care or school.
 - Wear a "smoking shirt" when you smoke outside, and take it off before you come into contact with your child.

How to protect kids from it:
The #1 best thing you can do is to stop smoking. Quitting will improve your health and the health of your children. If you're ready to quit, call **1-800-QUIT-NOW** (1-800-784-8669) for free phone coaching that will double your chances of quitting for good.



- What it does to kids:
 - asthma
 - pneumonia
 - colds
 - coughing/wheezing
 - eye infections
- Where it comes from:
 - 1 smoke breathed out by the person who smokes
 - 2 smoke from the end of a burning cigarette, cigar or pipe
- breathing problems
- ear infections
- Sudden Infant Death Syndrome (SIDS)
- bronchitis

SECONDHAND SMOKE DOESN'T BELONG IN A KID'S WORLD.

ROCK-A-BYE BABY, IN THE TREETOP,
~~WHEN THE WIND BLOWS THE CRADLE WILL ROCK~~
 DEVELOPING ASTHMA BEFORE HER FIRST BIRTHDAY.

**KEEP CHILDHOOD
 SMOKE-FREE**

protect kids from secondhand smoke

Tobacco smoke contains more than 4,000 chemicals and can make you and your children ill.

Worse yet, kids' developing lungs are even more prone to damage. That's no way to start growing up. Want to quit for the kids in your life? Visit QuitlineNC.com or call **1-800-QUIT-NOW** (1-800-784-8669) for free over-the-phone coaching that can double your chances of quitting for good.



Keep childhood smoke-free.

Even when children are outside, they can be harmed by smoke that is near them. And even when you can't see or smell cigarette smoke in the air, the chemicals from tobacco are still there. Protect them, and give your story a happy ending.

SMOKE BELONGS IN A LAND FAR, FAR AWAY.

LITTLE MISS MUFFET SAT ON HER TUFFET,
~~EATING HER CURDS AND WHEY~~
 EXPOSED TO 69 CANCER-CAUSING CHEMICALS.

I'LL HUFF, AND I'LL PUFF, AND I'LL
~~BLOW YOUR HOUSE IN~~
MAKE IT TO THE TOP OF THE STAIRS.



Secondhand smoke doesn't belong in a kid's world.

It causes permanent lung damage and puts kids at risk for things like asthma, bronchitis, ear infections, and even sudden infant death syndrome (SIDS). Protect the children in your life by not allowing anyone to smoke near them, even outside, and by keeping your home and car smoke-free. If you or someone you know is ready to quit smoking, call **1-800-QUIT-NOW** (1-800-784-8669) for free coaching, and double your chances of quitting for good.

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