Sometimes it's easy to see what can hurt your kids...



But sometimes it's not.



Tobacco smoke stays around in your clothes, house and car long after you put out the cigarette.

Quit smoking today.



Keep your home and car smoke-free at all times.

Talk to your child's doctor or nurse for help.

Call the quitline or visit www.ceasetobacco.org for more help.

CEASE

1-800-QUIT-NOW 1-800-784-8669 www.ceasetobacco.org

