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 window, a fan, or in the bathroom.

You can quit.

Ask your child’s doctor or nurse to help you quit smoking today.

For more information about quitting smoking, call the quitline at:

1-800-784-8669
(1-800-QUIT-NOW)

www.ceasetobacco.org