

Your children's

safety

is important to you.



*Keep your kids even
safer in the car.*

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Keep your car

smoke-free

at all times.



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Your children are
exposed to
tobacco smoke...
even if you smoke in
the car alone.
Tobacco smoke
sticks in the car
long after the
cigarette is out.

You can quit.

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

Call your local quitline
directly for help.

CEASE

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

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