

Consider This...

BEFORE YOU LIGHT UP

Secondhand smoke causes asthma attacks.

You know smoking isn't good for you, but you may not know how bad it is for your children.

To protect your children, use these magnets and window clings to let everyone know that you have a tobacco free home and car.

SECONDHAND SMOKE:

- Comes from lit cigarettes, cigars and pipes.
- Is breathed out by a smoker.
- Has more than 4,000 dangerous chemicals and poisons.

SECONDHAND SMOKE HURTS YOUR CHILDREN.

- It causes ear infections, which can get so bad that they require surgery.
- It causes lung damage, making children get coughs, bronchitis, and even pneumonia more often.
- It makes children with asthma have more asthma attacks.

If your child has asthma, you've seen the pain it causes. Help them by not exposing them to secondhand smoke. If your child doesn't have asthma, the damage from secondhand smoke could give them asthma.



The Montana Tobacco Quit Line has free tools to help you quit:

- FREE nicotine replacement therapy
- FREE telephone coaching
- FREE personalized quit plans
- Reduced-cost cessation medications

Your children provide the motivation. We will provide the help.

For FREE HELP, call the Montana Tobacco Quit Line:

1-800-QUIT-NOW
1-800-784-8669

MONTANA TOBACCO

QUIT LINE
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