

Don't let your child grow up under a cloud

Help your child grow up smoke free!

Children who live with cigarette smoke...

- ☁ Get sick more often and stay sick longer
- ☁ Have more colds, ear infections, and asthma attacks
- ☁ Are more likely to have behavior problems and trouble with school

If you don't smoke—great!

Keep your child away from other smokers.

If you smoke—now is the time to quit

Call today for FREE help to quit.

Help is also available for your family members who smoke, they can call today.

Call
1-800-NO-BUTTS
(1-800-662-8887)
For FREE help
to quit smoking

Partnership for
Smoke-Free Families

A Partnership Project of
Rady Children's Hospital
Scripps • Sharp

Health • Wellness • Community



visit

www.sdSmokeFreeFamilies.com

for more information

ASTHMA
EAR INFECTIONS
PNEUMONIA
BEHAVIOR PROBLEMS
COLDS

