



I WISH I COULD QUIT
Smoking

When you smoke
around your kids,
they smoke too.

By the age of 5,
they'll have inhaled
over 100 packs.

For free help quitting
call the NYS Quitline
at 1-866-NYQUITS
(1-866-697-8487) or go to
www.nysmokefree.com.

Secondhand Smoke - It's nothing to kid about.