

For the Health of Your Child,
I Recommend That You Quit Smoking



living, working, playing smoke free
www.smokefreeunion.com



Call 1-800-QUIT-NOW (1-800-784-8669)
To Talk to a Professionally Trained Quit Coach

Rx

ﷻ No Substitutions

As your child's healthcare provider, I recommend that you stop smoking.

Signature: _____

Comments: _____

Facts About Secondhand Smoke and Children

Children who breathe secondhand smoke are more likely to have:

- Ear infections
- Wheezing and coughing spells
- Asthma attacks
- Allergies
- Bronchitis and pneumonia



Secondhand smoke can lead to:

- Sudden Infant Death Syndrome (SIDS)
- Childhood asthma
- Behavior and learning problems

Protect your children:

- Select smoke-free child care.
- Support Union County Public Schools' tobacco-free policy.
- Choose not to smoke around children.
- Ask babysitters to not smoke in your home or around your children.
- If you must smoke, choose to smoke outside.
- Choose smoke-free restaurants and public places.