

Protect Your Child

Talk to your child about tobacco.

- Tobacco use causes bad breath; smelly clothes, hair & fingers; stained teeth and skin
- Money spent on tobacco adds up. Many people waste thousands of dollars yearly on their addiction.
 - ◆ Why throw away money that can be saved for a video game, clothes or something special?
- Smoking hurts your health and makes you sick.
- It is very hard to stop, once you start.

Teach your child to stay away from tobacco.

- You do not want them around smoke.
- It is OK to leave a place where there is smoke.
- It is OK to ask someone NOT to smoke around them.
- You do not want them to smoke EVER.

Secondhand Smoke:

If someone is smoking around your child, they are breathing the same air and poisons. Smoke causes asthma and can make colds, ear/nose/throat infections and flu symptoms worse. Airing out a room or your car does not eliminate the effects of Secondhand Smoke.

How to keep your child away from smoke:

- Keep your home smoke free.
- Keep your car smoke free.
- Avoid smoke in public.
- Do not allow others to smoke near your child.
- Support Tobacco-Free Schools.

Have the biggest impact in your kid's life!

Do you smoke?

- Talk to your child about your experiences. Personalize it.
- Discuss the challenges you go through with smoking.
- Now is the best time to quit!

Why Quit?

- **For yourself.** Be healthy and set a good example so you can watch your family grow.
- **For your child.** Help your child breathe better and live healthier.
- **For your future children.** Limiting contact with smoke increases your chances of having a healthy baby.

National Alliance for Tobacco Cessation: www.becomeanex.org

Ohio/National Quitline: Toll free hotline: 1-800-QUITNOW(1-800-784-8669)

American Lung Association: www.lungusa.org, Lung HelpLine: 1-800-LUNGUSA(1-800-586-4872)

National Cancer Institute: www.smokefree.gov Toll-free Hotline: 1-877-44U-QUIT(1-877-448-7848)

American Cancer Society: www.cancer.org, Hotline:1-800-4-CANCER(1-800-422-6237)

Centers for Disease Control and Prevention (CDC): www.cdc.gov/tobacco

American Heart Association: www.heart.org



Resources:

American Cancer Society— "The Decision is Yours."
From Website: <http://www.lungusa.org/stop-smoking/about-smoking/preventing-smoking-for-parents.html>
CDC tobacco http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm#children

Partially funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Creating Healthy Communities Program. This publication was supported by Grant Number 2B01DP009042-11 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.