



BEFORE YOU LIGHT UP, LOOK DOWN.

Children exposed to secondhand smoke are more likely to suffer from ear infections and asthma. Secondhand smoke hurts.

MY SMOKE-FREE PLAN

Protect your kids' health. Give them smoke-free lives.

Smoke-Free Home Start Date:

- Remove ashtrays
- Post a "No Smoking" sign on door
- Ask family and friends not to smoke in my home
- Other:

I need help:

- Getting or making a "No Smoking" sign for my home
- Figuring out what to say to family and friends about not smoking in my home
- Other:

Smoke-Free Car Start Date:

- Post a "No Smoking" sign in my car
- Ask family and friends not to smoke in my car
- Remove ashtrays
- Other:

I need help:

- Getting or making a "No Smoking" sign for my car
- Figuring out what to say to family and friends about not smoking in my car
- Other:

Quit Smoking Start Date:

- Call the Massachusetts Smokers' Helpline for support at 1-800-Try-To-Stop (1-800-879-8678)
- Talk to a nurse or doctor about medicines to help me stop smoking
- Call insurance company to ask what stop-smoking medicines or services my insurance will cover
- Other:

I need help:

- Calling the Massachusetts Smokers' Helpline
- Figuring out how to ask a nurse or doctor about stop-smoking medicines
- Calling my insurance company or finding their customer service number
- Other:

I, _____, will protect my family from secondhand smoke!