

3 Steps

... to a smoke-free home!

Until you're ready to quit

In just three steps, you can protect your family by reducing the effects of cigarette smoke.



Step # 1: GOOD

- ▶ Smoke only in one room away from children
- ▶ Blow smoke out the window
- ▶ Talk with family about a smoke free home

Step # 2: BETTER

- ▶ Never smoke near a child
- ▶ Never smoke in a car with a child
- ▶ Smoke only outside the home

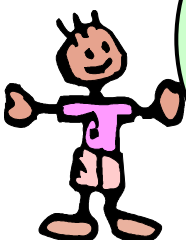
Step # 3: BEST

- ▶ Never allow others to smoke in your home/car
- ▶ Never allow others to smoke around a child
- ▶ Quit smoking

Children with Asthma

are at **higher risk** from the effects of cigarette smoke.

Start protecting your children today!



READY TO QUIT?

Call **(215) 683-LIVE** for free help and information in English and Spanish

Or log on to:

www.smokefreephilly.org