



It is time for Nicotine Replacement Products!

Get patches, gum or prescriptions!
You can do it!

For assistance and to get
FREE patches:

Call 1-866-NYQuits
(1-866-697-8487)

or

www.nysmokefree.com

**CHILDREN CAN DIE FROM
EXPOSURE TO
SECOND HAND SMOKE!
SHS increases the risk of asthma
& sudden infant death syndrome!**

WHAT MORE DO YOU NEED TO KNOW
TO STOP SMOKING ANYWHERE NEAR
YOUR CHILDREN?

BETTER YET,
QUIT SMOKING ALL TOGETHER.
BE HEALTHY AND ENJOY
LIVING LIFE WITH THEM.

**All smoking should take place
outside of the home or the car, even
when your children are not present.**

Chemical residue from secondhand
smoke (**third hand smoke**) remains on
surfaces in the car and the home.

Smoking in the kitchen also leaves
chemical deposits on your food. **The
chemicals present in third hand
smoke can also make your child sick.**



ASK YOURSELF THE FOLLOWING QUESTIONS:

**Are you sick of your children being sick all
of the time?**

**Are they missing a lot of school because
they are sick?**

**Are your children begging you to stop
smoking because they love you and they
want you in their lives?**

**Are you sick of spending a lot of money on
cigarettes that are gone before you know
it?**

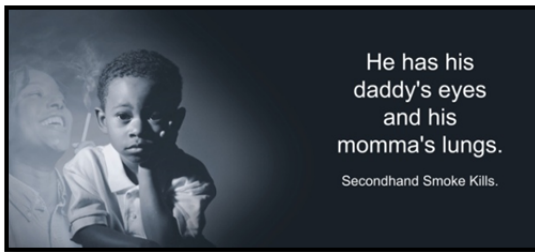
**Are you tired of not being able to breathe
like you should be breathing?**

**Are you fed up with being addicted to
tobacco?**

**Are you done with giving your money to
the big tobacco companies, that are
getting rich from your addiction?**

If you answered "Yes" to just one
question, then it's time to do
something about it. Please continue
to read about how you can improve
the situation and get the help that
you need to quit smoking.





Parents and Adults:
 Smoking out of doors can be uncomfortable, especially in bad weather conditions. But, please think about this: smoking in the home or the car is a choice. Please do not let your choices negatively affect the health of your children.

It is well documented in the U.S. Surgeon General's Reports* that secondhand smoke is extremely dangerous and can even be deadly to children and babies.

*U.S. Surgeon General's 2006 & 2007 Reports

SHS causes disease, illness and death in children.

Children exposed to secondhand smoke are at greater risk for:

- acute respiratory infections
- ear infections
- asthma attacks
- tonsillitis & adenoiditis
- wheezing
- coughing
- bronchitis
- pneumonia
- slow lung growth
- sudden infant death syndrome

THERE ARE NO SAFE LEVELS OF SECONDHAND SMOKE.

- **CHILDREN SHOULD NOT BREATHE SMOKE**
- **CHILDREN SHOULD NOT SMELL LIKE SMOKE**
- **CHILDREN SHOULD NOT BE AROUND MATCHES & LIGHTERS.**
- **CHILDREN WHO HAVE PARENTS WHO SMOKE ARE MORE LIKELY TO BECOME SMOKERS THEMSELVES.**

Children who are regularly in the presence of smokers can inhale the equivalent of more than one hundred packs of cigarettes by the age of 5.

IF YOU QUIT SMOKING FOR 10 YEARS, AND SAVE ALL OF THE MONEY THAT YOU WOULD HAVE SPENT ON CIGARETTES, YOU WILL SAVE APPROXIMATELY \$36,363.60. THAT IS ENOUGH TO PAY FOR A 2-YEAR COLLEGE EDUCATION FOR 3-4 OF YOUR CHILDREN TO ATTEND COMMUNITY COLLEGE.*



* If you buy pack of cigarettes a day for 10 years, @ \$9.96 per pack x 365 days a year x 10 years you will spend \$36, 354.00 (\$9.96 is the approximate price for premium cigarettes).

The 2015 price for Niagara County Community College for a two year degree program for a 12 credit semester @ @1,944 X 4 semesters = \$7,776. (Plus miscellaneous fees charged by the college.) **COLLEGE TUITION RATES CHANGE.** These prices may be obsolete in the future and could change at any time.



Smoking in one room or the basement is still smoking in the home.