



**When your
child is sick,
you worry.**



AMERICAN ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA

Smoking around your child can cause ear infections, coughs and asthma.



It also causes respiratory infections and slows lung growth.



Babies who are around cigarette smoke are at risk for sudden infant death syndrome (SIDS).



**Opening a window when you smoke
does not protect your child.**



The best way to protect your child is to quit smoking. Ask your family physician for help and call **1-800-QUIT-NOW**.



1-800-QUIT-NOW

ASK AND ACT
A TOBACCO CESSATION PROGRAM