You don't have to quit alone.



You and your coach can create a plan to help you quit.

Talk with the quitline or your child's doctor about medicine and other ways to help you quit.

www.ceasetobaccoSC.org For more information about quitting smoking, call the SC Tobacco Quitline at: 1-800-784-8669 (1-800-QUIT-NOW) www.ceasetobaccoSC.org







Protect your family by becoming tobacco-free!

As a loving parent, you want the best for your children. Quitting tobacco is one of the best things that you can do for your family.

Your child's doctor or nurse can help you quit tobacco for good.



"I knew that smoking could hurt me, but I didn't know how much it could hurt my kids. I have to quit."

You are already a star to your children.

Follow these steps to be a quitting star:



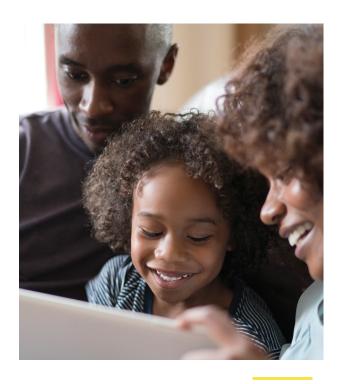
ell loved ones.

A nticipate tough spots.

R emove tobacco products



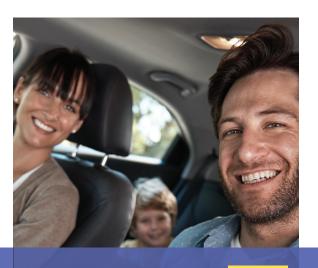
"Now that my daughter is here, I know I need to quit smoking, but I don't know how."



"I'm going to quit smoking. Until I do quit, I am making our home tobacco-free to protect us from poisons in tobacco."

Smoke from burning tobacco hurts children's small lungs.

Making your home and car completely tobacco-free can help protect your family from the harms of tobacco.



"I know that our car needs to be safe for our kids. The poisons in tobacco smoke are always there, even after the cigarette is out. That's why our home and car are tobacco-free."

BE A TOBACCO-FREE FAMILY



Talk to your child's doctor or nurse about ways to make your home and car tobacco-free at all times.