

*Set a healthy
example for your family.*



**Children follow in their parents' footsteps.
Quit tobacco for their future.**

- There is no safe level of exposure to secondhand smoke.
- Young kids and infants are most at risk to health problems from secondhand smoke. Their bodies are still growing.

**Alaska's Tobacco Quit Line can help navigate the
challenges of quitting and staying quit.**

ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW

Call **1-800-QUIT-NOW** (784-8669)
Text **READY** to 34191
Visit **AlaskaQuitLine.com**

