

*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) or  
Visit [AlaskaQuitLine.com](http://AlaskaQuitLine.com)

