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THE U.S. SURGEON GENERAL HAS CONCLUDED THAT BREATHING EVEN A LITTLE SECONDHAND SMOKE POSES A RISK TO YOUR HEALTH.

SECONDHAND SMOKE CAUSES LUNG CANCER.

SECONDHAND SMOKE CAUSES HEART DISEASE.

EVEN BRIEF EXPOSURE CAN TRIGGER RESPIRATORY SYMPTOMS, INCLUDING COUGH, PHLEGM, WHEEZING, AND BREATHLESSNESS.

BRIEF EXPOSURE TO SECONDHAND SMOKE CAN TRIGGER AN ASTHMA ATTACK IN CHILDREN WITH ASTHMA.

SECONDHAND SMOKE CAN CAUSE SUDDEN INFANT DEATH SYNDROME AND OTHER HEALTH CONSEQUENCES IN INFANTS AND CHILDREN.

WHEN YOU'RE READY TO QUIT

CALL 1-877-YES-QUIT OR THE AMERICAN LUNG ASSOCIATION AT 1-800-586-4872

VISIT WWW.CDC.GOV/TOBACCO/ HOW2QUIT.NTM