



# I WISH I Could Quit Smoking

When you smoke  
around your kids,  
they smoke too.

By the age of 5,  
they'll have inhaled  
over 100 packs.

For free help quitting  
call the NYS Quitline  
at 1-866-NYQUITS  
(1-866-697-8487) or go to  
[www.nysmokefree.com](http://www.nysmokefree.com).

Secondhand Smoke - It's nothing to kid about.