



Tobacco-free homes save lives.

Providing a smoke-free environment is one of the most important things you can do for your child's health.

Children who grow up in smoke-free homes:

- Are at lower risk for sudden infant death syndrome (SIDS).
- Have lower risk of having bronchitis and pneumonia and have fewer ear infections.
- Have fewer issues with wheezing and coughing.
- Are less likely to become smokers as teenagers.
- Are less likely to ever have asthma.
 - Children aged 6-11 years with asthma sleep better and miss fewer school days if they are not exposed to secondhand smoke.



**Your reason to stop smoking
gets bigger every day...**

KanQuit!

1-800-QUIT-NOW (784-8669)

KSquit.org

Being tobacco-free is important for you and your child's health. It's not too late to stop smoking, even if you've tried before. The Kansas Tobacco Quitline is free and available 24/7 for all Kansans.

Steps you can take today:

- Call the Kansas Tobacco Quitline for help making a health plan.
- Make your home and vehicle smoke and vape-free to protect your child's health.
- Talk to your doctor about counseling and medications to help you stop smoking. You may be eligible for free medications!

The Kansas Tobacco Quitline is a program of the Kansas Department of Health and Environment.

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Gilman, Stephen E et al. Parental smoking and adolescent smoking initiation: an intergenerational perspective on tobacco control. *Pediatrics* vol. 123,2 (2009).
The Health Consequences of Smoking - 50 Years of Progress: A Report of the Surgeon General. U.S. DHHS, CDC (2014).
The Health Consequences of Involuntary Exposure to Secondhand Smoke: A Report of the Surgeon General. U.S. DHHS, CDC (2006).