




did you know...

**exposure to cigarette smoke
is harmful to kids?**



Kids who grow up around cigarette smoke are more likely to have respiratory illnesses, bronchitis, ear infections, pneumonia, and chronic cough than kids who don't.



*If you smoke, **quit** for the health of your kids or your grandkids.*

Want help quitting smoking?

Talk to your VA provider today.

We can help.

