OUR CENTER IS SMOKE FREE

Facts You May Not Already Know

- Exposure to secondhand smoke can **cause asthma** in children who did not previously have symptoms.
- The unhealthy side effects from smoking account for about 443,000 deaths, or nearly one of every five deaths, each year in the US.
- Quitting smoking doesn't always happen on the first try, but helpful resources exist. Smokers can and do quit smoking. In fact, today there are more former smokers than current smokers.

Steps You Can Take To Protect Your child's Lungs

- Make your car and home smoke-free.
- Family, friends or visitors should never smoke inside your home or car.
- Keep yourself and your children away from places where smoking is allowed.
- If you smoke, smoke only outside and away from doors and windows.
- Ask your doctor for ways to help you stop smoking.

Our center is working to become asthma friendly and to keep your child healthy. Make a No Smoking Pledge today to keep our center smoke free!

Asthma Friendly CHILD CARE PROGRAM Award

Sponsored by The Pediatric/Adult Asthma Coalition of New Jersey — AMERICAN LUNG ASSOCIATION. IN NEW JERSEY

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I pledge to Not Smoke within or on the grounds surrounding our center and around children that attend this center.