

Hi Dad, Thanks!



You are so important to me as I grow.

Thanks for supporting Mom
when she's trying to quit smoking.

It helps me a lot!



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Do you Smoke or Vape?



**Care for me
by helping Mom quit tobacco.**

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Do you Smoke or Vape?



**Care for me
by helping Mom quit tobacco.**

Help reduce Mom's cravings

- Don't smoke or vape in the house or vehicle. Tell others not to as well.
- Keep all tobacco products and ashtrays out of sight.
- Go outside to smoke or vape. Wear an outer layer of clothing and remove when you come in. Wash hands.
- Use mouthwash or gum after you smoke or vape.

**Would you like to quit?
For help call:**

1-800-207-1230

MAINE TOBACCO HELPLINE

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