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!
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

March 2019

hccame.org