

# Make Your Child's Life Smoke-Free

Smoking around kids is dangerous to their health.  
Protect your child from harmful tobacco smoke indoors and outdoors.



## Protect your child

- Set rules about not smoking in your home. If anyone wants to smoke, ask him or her to go outside and close doors and windows.
- Don't forget that smoking in a car is against the law when a child is present.
- Choose a child care provider who doesn't smoke.

## Clean up

- Keep in mind that smoke travels everywhere and sticks to clothes, curtains, furniture, carpets and toys.
- Wash items exposed to smoke before letting your child touch them.

## Choose to quit

- Get free help quitting smoking by calling 1-800-NO-BUTTS



For more information, call First 5 San Mateo County at (650) 372-9500 or visit [www.first5sanmateo.org](http://www.first5sanmateo.org) and [www.first5california.com/parents](http://www.first5california.com/parents).