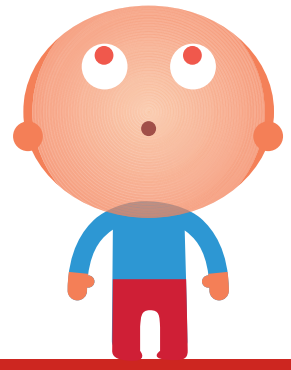
# Protect your child from secondhand smoke

## DON'T ALLOW SMOKING IN YOUR HOME or CAR

Children exposed to secondhand smoke are more likely to get **chest infections**, **asthma attacks** and **ear trouble**.



## A smokefree home = a smokefree child.

**For help with giving up smoking, speak to your GP or pharmacist or call:**

**NHS: 0800 169 0169 or QUIT: 0800 002200**

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