

“On one car ride,  
my kids said to me,



‘Mommy, the smoke  
is killing us.’

Their statement really hit me hard. I would smoke 2 packs a day and would wake up coughing. Now that I am smoke-free, my kids are healthier and my house smells clean. If you're thinking of quitting, I strongly advise you to call Maryland's 1-800-QUIT-NOW today.”



NAME: Lisa, 40  
SMOKED FOR: 24 years  
SMOKE FREE FOR: 2 years

Lisa's story

Maryland's **TOBACCO QUITLINE** is a FREE, confidential service to help you quit smoking for good.

Our Quit Coaches™ offer you a personalized quit plan, coaching, information about medicines and ways to help you cope.

It doesn't matter how many times you've already tried to quit, telephone quitlines can increase your success by up to 50%!

**1-800-QUIT-NOW** is a free service brought to you by the Maryland Department of Health and Mental Hygiene.

To learn more visit:  
[www.SmokingStopsHere.com](http://www.SmokingStopsHere.com)



Department of Health and Mental Hygiene

Martin O'Malley, Governor  
Anthony G. Brown, Lt. Governor  
Joshua M. Sharfstein, M.D., Secretary, DHMH

There are  
lots of little  
reasons to keep  
a smoke-free  
home.

To protect those you love,  
make your home  
the first place you start.  
Keep your home smoke-free.  
And if you are ready to quit  
smoking call Maryland's  
**1-800-QUIT-NOW** for help.



## Secondhand Smoke

Last year secondhand smoke  
killed approximately 1,600  
non-smoking Marylanders.

## Secondhand Smoke Especially Hurts Children.

In 2006, 35%  
of Maryland youth  
reported being exposed  
to secondhand smoke  
while riding in a car.

## Did You Know?

- Children who breathe secondhand smoke take longer to develop their lungs and get sick from pneumonia and bronchitis more often.
- Children who breathe secondhand smoke are more likely to get painful ear infections.
- Children around secondhand smoke are more likely to have trouble breathing and can develop illnesses like asthma.
- Secondhand smoke can increase the risk of SIDS, the sudden death of infants under one year of age.



## How to Protect Yourself and Your Family!

- Don't smoke in your car or home
- Keep others from smoking in your car or home
- Don't smoke around children
- Hang no smoking signs in your home and car
- If you are not ready to quit, please smoke outside for your family



## Getting Help for You, A Family Member, or a Friend

If you smoke or you care about someone who does, help is only a phone call away. Call the Maryland Tobacco Quitline at **1-800-QUIT-NOW (784-8669)** TTY **1-877-777-6534**

Quitline Hours: 7am - 3am,  
7 days a week or visit  
[www.smokingstopshere.com](http://www.smokingstopshere.com)  
to have a Quit Coach™ call you.

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Maryland's

1-800



QUIT NOW

[SmokingStopsHere.com](http://SmokingStopsHere.com)