

WE ARE SMOKEFREE!

The home should be a safe space for everyone. It's time to protect your loved ones' health and safety from lung cancer, heart disease and other harms from secondhand smoke.

**For free help to quit smoking,
call 1-800-QuitNow (1-800-784-8669)**

North Carolina Department of Health and Human Services • Division of Public Health • www.ncdhhs.gov • <http://publichealth.nc.gov>
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