

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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