

Smoking

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Cigarettes and other tobacco products hurt your lungs and your heart and also cause cancer.
- Cigarettes and other tobacco products stain your teeth, cause wrinkles, and make your breath and hair stink!
- Children who live with smokers have more ear infections, asthma, and pneumonia.
- If you smoke, ask yourself when you would like to quit. When you are ready, do the following:
 - Make a plan and set a date to quit. Ask your doctor/clinical setting for help.
 - Tell your friends and family that you are going to quit. Get rid of your cigarettes and ashtrays.
 - Ask your doctor about new medicines that can make it easier to quit smoking.
 - If you fail the first time, don't give up. Try again!