



Do you or your child have asthma?

Secondhand smoke...

- Harms babies and children. It causes **bronchitis**, **ear infections**, and **pneumonia**.
- Contains 43 cancer causing agents, including **cyanide**, **carbon monoxide**, and **arsenic**.
- **Triggers asthma attacks.**

The best thing you can do for asthma is to quit smoking.

OHP can help you quit in
these ways:

- **Nicotine Patches**

- **Zyban**

A pill that combats cravings.

- **Counseling**

*Support from someone who knows
what you're going through.*

Ask your doctor - or call the
Oregon Tobacco Quit Line.

Free Call

1-877-270-STOP
7 - 8 - 6 - 7

Español: 1-877-2NO FUME

TTY: 1-877-777-6534

Visit us on the web at www.oregonquitline.org.

