



FAMILY GOALS - NO SMOKE AROUND YOUR CHILD

Smoke makes asthma symptoms worse
in all kids with asthma.

- ❑ Any kind of smoke can bother your child's sensitive lungs. Keep candle and incense burning to a minimum.
 - ❑ Tell family members and guests to smoke outside.
 - ❑ Don't sit in smoking sections of public places.
 - ❑ Make sure your child is not exposed to smoke in homes or places where your child spends a lot of time. Check on smoking in homes or places that your child spends a lot of time; talk with these people about how smoking is bad for asthma.
 - ❑ Call the American Lung Association at 1-800-445-6016 for more information about the hazards of tobacco smoke.
 - ❑ Other special goals:
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