



## FAMILY GOALS - NO TOBACCO SMOKE AROUND YOUR CHILD

Tobacco smoke makes asthma symptoms worse in all kids with asthma.

- ❑ Do not smoke around your child or in the car with your child.
- ❑ Never smoke where your child sleeps.
- ❑ Make family members and visitors smoke outside.
- ❑ Use a smoking jacket outside and remove it when you go back inside.
- ❑ STOP SMOKING! It's bad for both you and your child. Call the American Lung Association at 1-800-445-6016 for help with quitting.
- ❑ Any kind of smoke can bother your child's sensitive lungs. Do not burn candles or incense in your home.
- ❑ Other special goals

---

---

---