

Smoke is smoke

All smoking is harmful

Smoke from

Marijuana

Vaping

Cigarettes

can cause:

Asthma

Bronchitis

Cancer



Secondhand  
smoke can  
infiltrate into  
other units  
through  
hallways and  
stairwells.

Protect Your  
Children

- Ask others to not smoke around your child.
- Teach your children to stay away from those who smoke.
- Encourage your teens not to smoke.
- Never allow smoking in the house or car.
- If you smoke, make the decision to quit. For support, call this free Quit Line:
- 1-800-QUIT NOW

<https://www.midrugfreeingham.org/>

