

FREE

CHAMPION OF THE FAMILY



IT'S WINNER TAKE ALL WHEN
A FATHER CHANGES HIS HABITS!

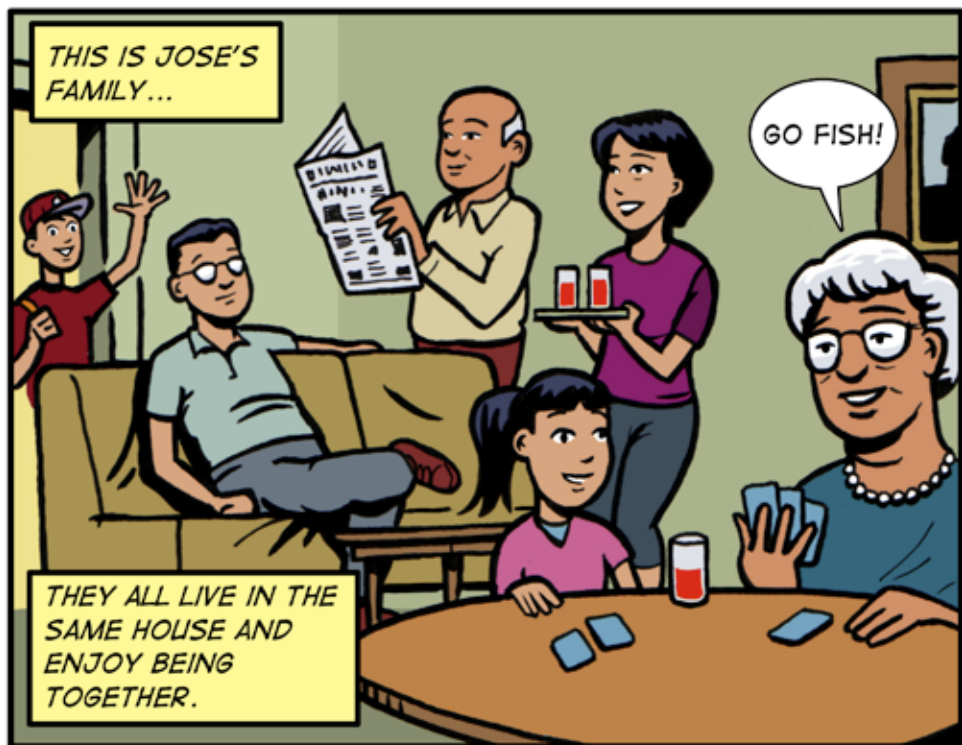
THIS IS JOSE. HE
LOVES SPORTS.

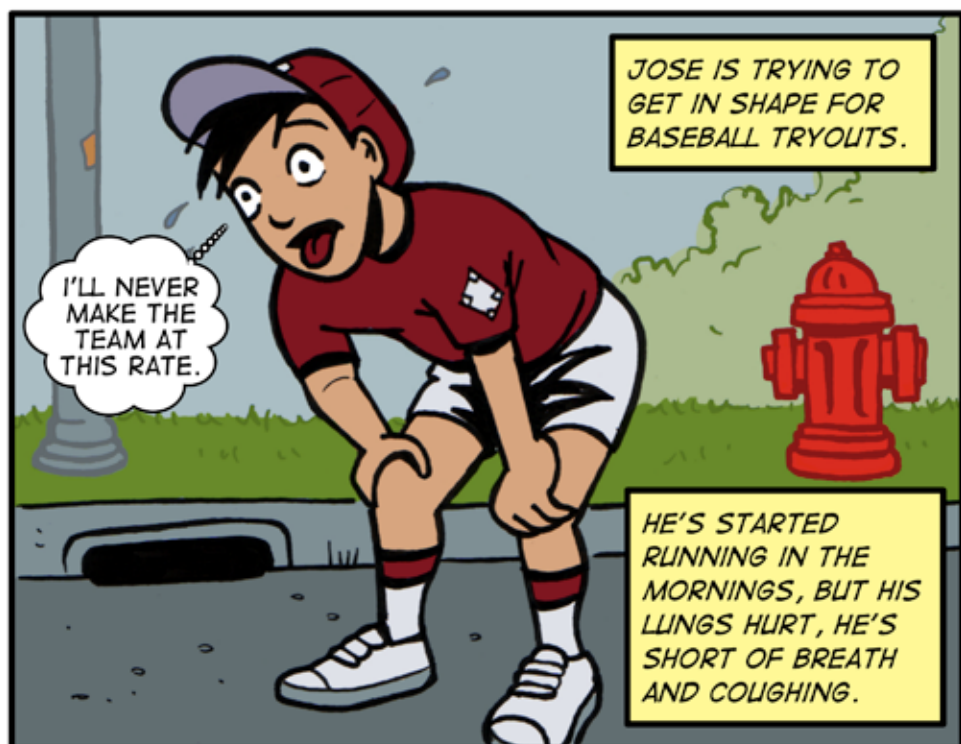
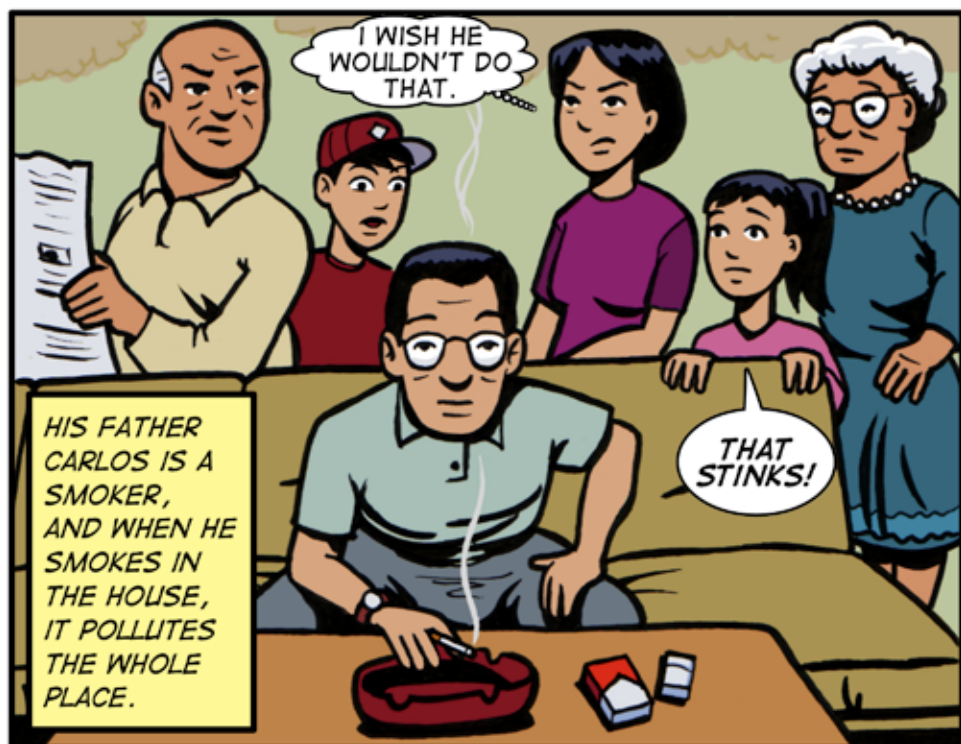


THIS IS JOSE'S
FAMILY...

GO FISH!

THEY ALL LIVE IN THE
SAME HOUSE AND
ENJOY BEING
TOGETHER.

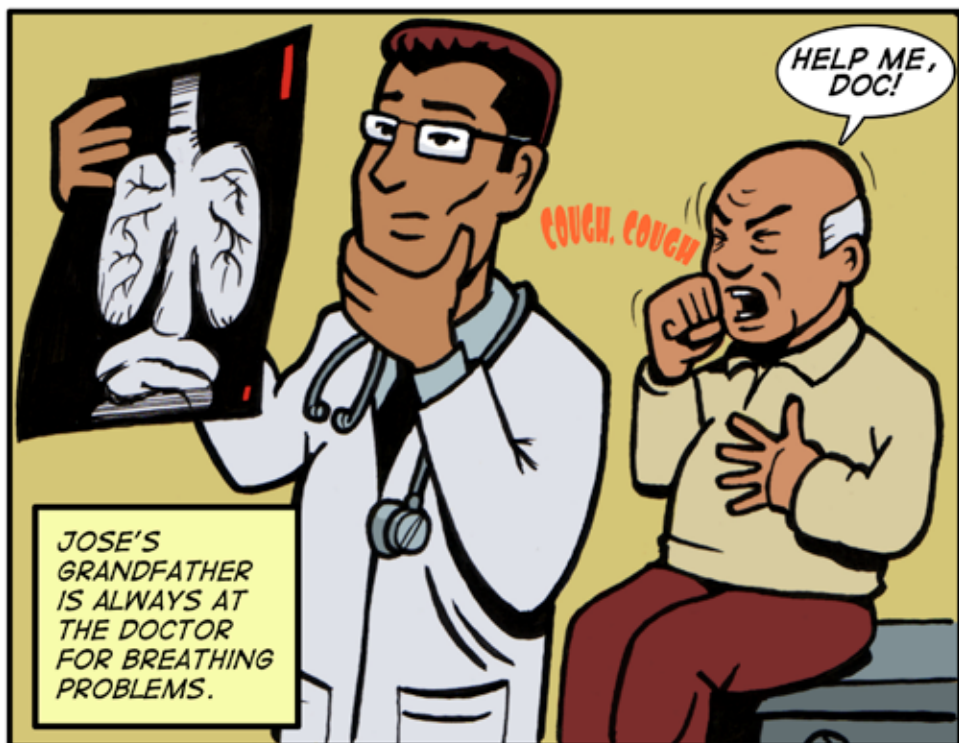


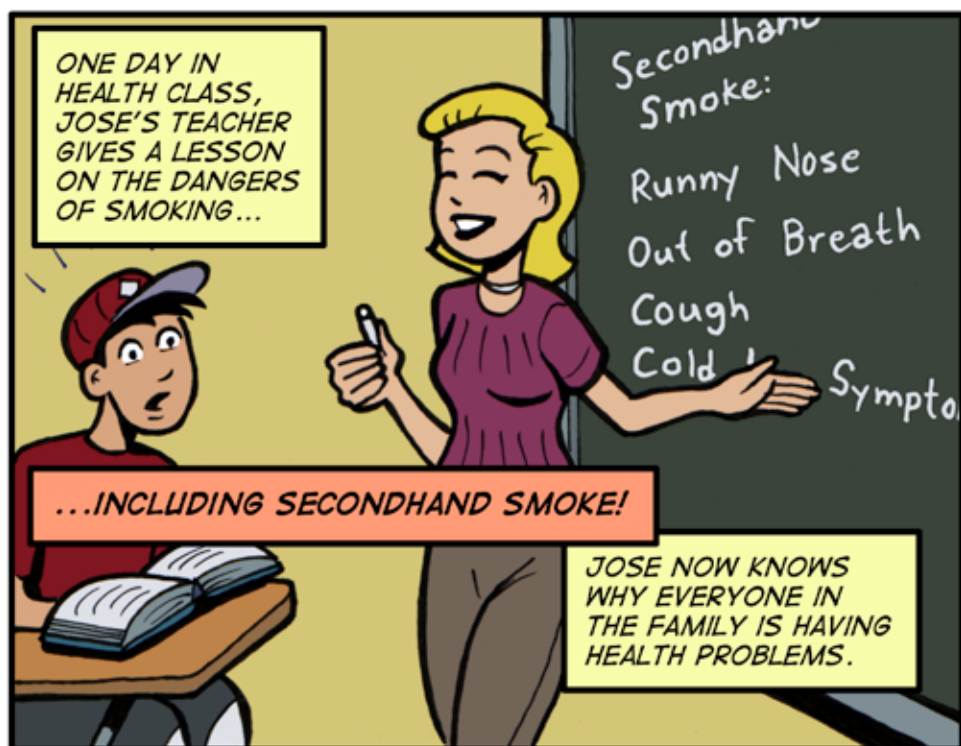


JOSE'S
MOTHER
GETS SICK
FROM
BREATHING
IN CIGARETTE
SMOKE.
WHEN SHE
GETS SICK,
SHE CAN'T
GO TO WORK.



JOSE'S
GRANDFATHER
IS ALWAYS AT
THE DOCTOR
FOR BREATHING
PROBLEMS.





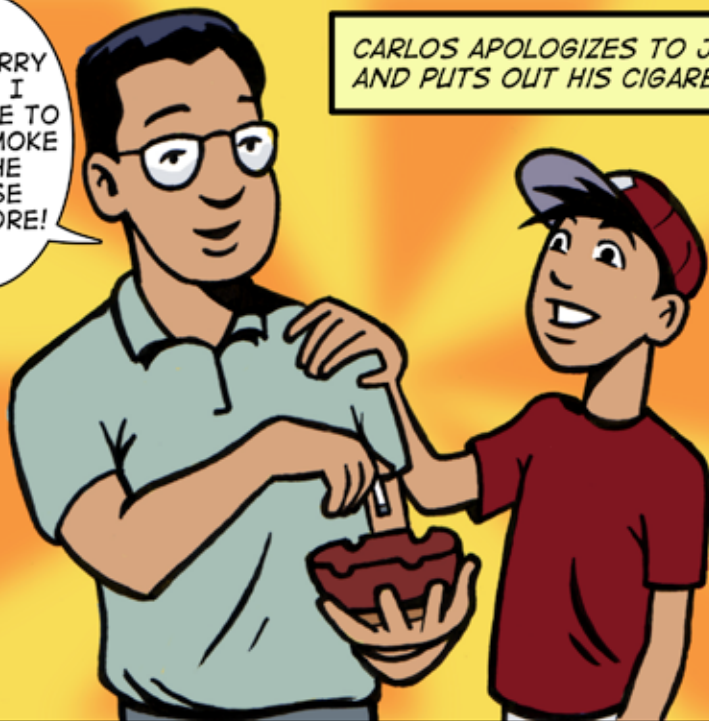
LATER AT HOME...



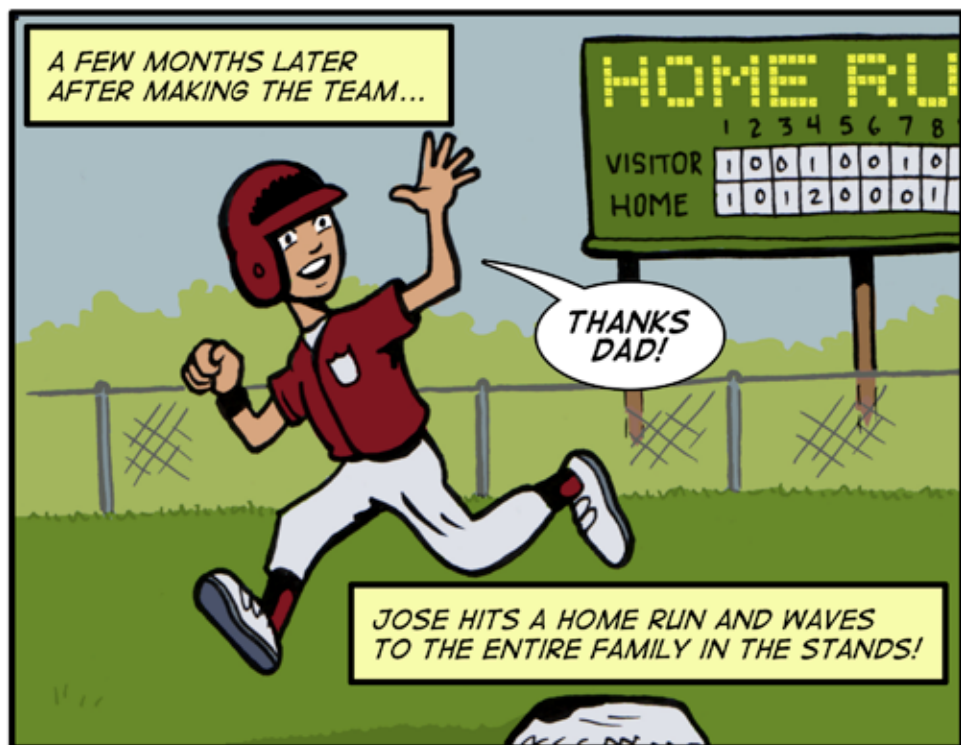
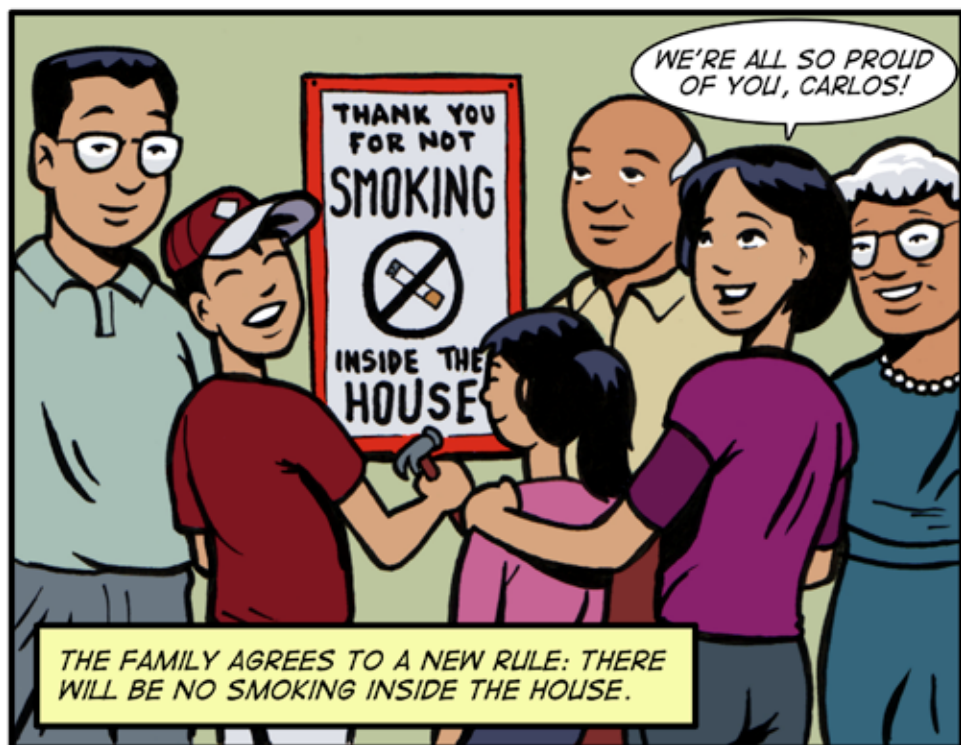
CHECK IT OUT!

JOSE SHOWS HIS FATHER A BROCHURE HE GOT IN CLASS CALLED "THE DANGERS OF SECONDHAND SMOKE." HE POINTS OUT THE EFFECTS IT CAN HAVE ON THOSE AROUND THE SMOKER. CARLOS IS SHOCKED!

I'M SORRY SON. I PROMISE TO NOT SMOKE IN THE HOUSE ANYMORE!



CARLOS APOLOGIZES TO JOSE AND PUTS OUT HIS CIGARETTE.



THE DANGERS OF SECONDHAND SMOKE

THE U.S. SURGEON GENERAL HAS CONCLUDED
THAT BREATHING EVEN A LITTLE SECONDHAND
SMOKE POSES A RISK TO YOUR HEALTH.

SECONDHAND SMOKE CAUSES LUNG CANCER.

SECONDHAND SMOKE CAUSES HEART DISEASE.

EVEN BRIEF EXPOSURE CAN TRIGGER
RESPIRATORY SYMPTOMS, INCLUDING COUGH,
PHLEGM, WHEEZING, AND BREATHLESSNESS.

BRIEF EXPOSURE TO SECONDHAND SMOKE CAN
TRIGGER AN ASTHMA ATTACK IN CHILDREN
WITH ASTHMA.

SECONDHAND SMOKE CAN CAUSE SUDDEN
INFANT DEATH SYNDROME AND OTHER HEALTH
CONSEQUENCES IN INFANTS AND CHILDREN.

WHEN SOMEONE YOU KNOW IS READY TO QUIT

CALL 1-877-YES-QUIT
OR THE AMERICAN LUNG ASSOCIATION AT
1-800-586-4872

VISIT [**WWW.CDC.GOV/TOBACCO/**](http://WWW.CDC.GOV/TOBACCO/)
[**HOW2QUIT.NTM**](http://HOW2QUIT.NTM)