

# R<sub>X</sub> PRESCRIPTION FOR PREVENTION



## Smoking

*Tobacco use is the #1 cause of death and disability in the United States.*



- ✓ Medications can help you quit. Talk to your doctor or your child's doctor about the nicotine patch and other medications.
- ✓ Protect your family. One of the most important things you can do for you health and your child's health is to quit smoking.
- ✓ Avoid E-cigarettes. E-cigarettes usually contain nicotine—using them can result in nicotine addiction.
- ✓ Talk to your teenagers about smoking or vaping. 90% of smokers start smoking before their 18th birthday.

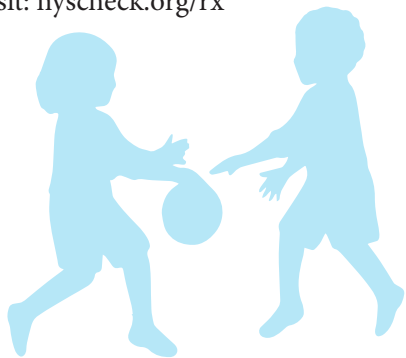
Signed: \_\_\_\_\_





## Smoking

- ✓ For help with quitting, contact the the NYS Quit line: 1-866-NY-QUITS
- ✓ For information on smoke-free programs and low-cost nicotine replacement therapy: [www.nysmokefree.com](http://www.nysmokefree.com)
- ✓ For more information visit: [nyscheck.org/rx](http://nyscheck.org/rx)



New York State Children's  
Environmental Health Centers

[NYSHECK.ORG](http://NYSHECK.ORG)