



# October is Healthy Lung Month...

... and the perfect time to **STOP** SMOKING!

1. Tobacco is a **leading** cause of preventable **death** in the US
2. 37% of US children have been exposed to second-hand smoke
3. Exposure leads to stroke, heart disease, and can trigger a heart attack

## Do it for your kids:

- Never smoke indoors
- Make your house a **smoke-free zone**
- Talk to your provider **NOW** to help you quit!

Resource: [www.lung.org](http://www.lung.org)

Developed by VISTA member Dave Fang serving with HealthReach Community Health Centers. This material is supported by a grant to the Goodwill VISTA Partnership from the Corporation for National and Community Service.