

Kick It California



Smoking tobacco adversely affects every part of your body as well as the bodies of those around you. From cancer to heart problems, and vision loss to mental health issues, smoking has been linked to numerous diseases and disabilities for people of all ages. Second-hand smoke has been shown to lead to many health consequences for babies and children, including low birth weight, asthma, and Sudden Infant Death Syndrome (SIDS). Third-hand smoke (chemicals left from

smoking on surfaces like curtains, clothes, furniture) can cause tobacco-related health problems to those exposed. E-cigarettes and vaping are not “safer” alternatives, as they have also been shown to have many negative health and air quality effects.

If you smoke, or if your child is around someone who smokes, you and your child are at serious risk for major health problems. Quit smoking or help others around you and your child quit smoking. The California Smokers' Helpline (1-800-NO-BUTTS or 1-800-66-28887) offers free counseling and referral services to help you or someone you know quit smoking.

Kick it California is a free program that helps Californians kick smoking, vaping, and smokeless tobacco with the help of proven, science-based strategies. Take the first step toward quitting.

Click [here](#) for more information on how to quit smoking.