

QUIT TOGETHER
AT THE TIME IT MATTERS THE MOST.

**NOW IS
THE TIME**

**JOIN HUNDREDS OF
OTHERS WHO WILL STOP
SMOKING TODAY.**

www.quittogether.co.uk

#QuitTogether

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**MAKE A
PROMISE**

**SUPPORT A LOVED ONE
TO QUIT, OR QUIT FOR
SOMEONE YOU LOVE.**

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**QUIT FOR
SOMEONE
YOU LOVE**

**CHILDREN SMOKE
BECAUSE ADULTS SMOKE.
YOU STOP, THEY WON'T START.**

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PROTECT OTHERS

**YOUR SMOKEFREE HOME
PROTECTS YOUR FAMILY.**

Harmful chemicals in tobacco smoke creep from room to room, waiting for your child to breathe them in. However, evidence suggests e-cigarettes are 95% less harmful with no evidence of harm to bystanders.

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