

Putnam on Wellness Triple Dog Dares Ya!






• Dog Dare Ya!

Ask convenience store employees if they card for tobacco products.



• Double Dog Dare Ya!

If you smoke, to smoke outside and to refrain from smoking while in vehicles. Did you know that:

-  Secondhand smoke increases the number and severity of asthma attacks in up to 1 million asthmatic children?
-  Secondhand smoke causes increased middle ear infections in young children?
-  Second-hand smoke can increase a person's risk of diabetes?



• Triple Dog Dare Ya!

If you use tobacco, quit. Here are some phone numbers that can help you:

WV Quit Line: **1-877-966-8784** Monday - Friday 8 a.m. - 8 p.m.

FamilyCare: **757-6999** ask for Tracy

To order *You Can Quit Smoking* consumer guide: **1-800-358-9295**

For more information on Putnam on Wellness call **414-4470**

Putnam on Wellness is a coalition of concerned citizens and human service providers from across the county who are interested in substance abuse prevention, health and wellness for all Putnam Countians.

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Flyer designed by Megan Long, Graphic Design student, Putnam Career & Technical Center.