

PREVENT TOBACCO USE— —PROTECT YOUR HEALTH



- Tobacco causes cancer, heart disease, and lung disease.
- Nicotine is highly addictive – especially harmful to youth.
- Secondhand smoke harms everyone around you.
- Vaping is not a safe alternative – it still delivers harmful chemicals.
- Quitting improves your health at any age.

Call 1-800-QUIT-NOW or visit smokefree.gov for support.