

## Free Quit Help is Available Call Today!



1-800-QUIT-NOW  
1-800-784-8669

- Free quit help for people who smoke and use other tobacco products
- Open 24 hours a day, 7 days a week
- Free nicotine patches for some callers (if on Medicare, Medicaid or uninsured)
- Pregnant women receive extra support
- Help available in 170 languages
- Visit [www.quitlinenc.com](http://www.quitlinenc.com)



NC DEPARTMENT OF  
HEALTH AND HUMAN SERVICES  
Division of Public Health



State of North Carolina Department of Health and Human Services • Division of Public Health • Tobacco Prevention & Control Branch • [www.ncdhhs.gov](http://www.ncdhhs.gov) • [www.ncdhhs.gov/dph](http://www.ncdhhs.gov/dph)  
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## Other Types of Tobacco

“Smokeless” doesn't mean harmless. Dip or snuff has 28 chemicals that can cause cancer. Dip can cause tooth decay and gum disease.



Little cigars have the same health risks as cigarettes.

Electronic cigarettes (e-cigs or vapes) are not harmless. They are addictive and have been shown to contain toxic chemicals.

E-Cigs are not approved by the FDA and not a recommended way to quit smoking. Try nicotine patches or gum to quit.



## Tobacco-Free Families



- **There is no safe tobacco product**
- **Be a positive role model for your children**
- **Protect your family's health**



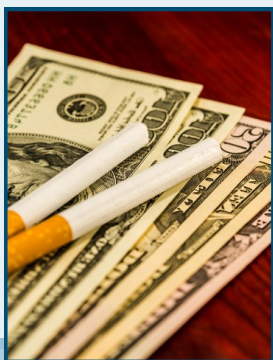
## Smoking Hurts You and Your Family

- Tobacco smoke has 7,000 chemicals, 69 of them cause cancer. Smoking causes 14 different kinds of cancer.
- Smoke harms every organ of your body and hurts your immune system.
- The nicotine in all tobacco products is HIGHLY addictive.
- People who don't smoke live about 8 to 10 years longer than people who do.

### The Cost of Smoking Adds Up!

If you smoke...	You spend...
1 pack a day ...	\$1,825 a year
2 packs a day ...	\$3,650 a year

*If cigarettes are \$5 a pack*



## Secondhand Smoke

Secondhand smoke is the smoke from someone else's cigarettes, pipes, hookahs or cigars.



Children who are around smoke may experience:

- Sudden Infant Death Syndrome (SIDS)
- Lung problems
- Ear infections
- Asthma
- Learning problems

For adults, breathing secondhand smoke can cause heart attacks, stroke and cancer.

Breathing secondhand smoke during pregnancy can cause babies to be born too early and too small.

Secondhand smoke can hurt your pets!

## Thirdhand Smoke

Thirdhand smoke is the harmful chemicals from tobacco smoke that stay on clothing, furniture, carpets and in the car.

Thirdhand smoke stays around long after you put out the cigarette.

### How to Protect Your family from Secondhand & Thirdhand Smoke

- Do not allow smoking inside your home or car.
- Do not allow smoking near you, your children or your pets.
- Ask anyone who cares for your child or pet to follow these rules, and tell them why it is important.



*A home where family members smoked inside. This shows the wall once pictures were removed. Nicotine and smoke chemicals stay on the wall.*

**There is no safe level of secondhand smoke**