





Free Quit Help is
Available
Call or Text Today!

QuitlineNC

 1-800-Quit-Now
(1-800-784-8669)

 1-855-Déjelo-Ya
(1-855-335-3569)

 www.QuitlineNC.com

 Text READY to
200-400

 @QuitlineNC

- Free quit help for people who smoke or use other commercial tobacco products
- Open 24 hours a day, 7 days a week
- Free nicotine patches for some callers
- Pregnant women receive extra support
- Help available in many languages

NC Department of Health and
Human Services Division of Public
Health <https://publichealth.nc.gov>
NCDHHS is an equal opportunity
employer and provider. 3/2021



Other Types of Commercial 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-cigarettes 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 commercial tobacco product
- Be a positive role model for your children
- Protect your family's health



* “Tobacco-free” means free of
commercial tobacco products — all
tobacco products offered for sale — not
tobacco used for sacred and traditional
ceremonies by many American Indian
tribes and communities.

Smoking Hurts You and Your Family

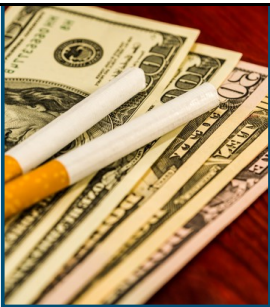
- Cigarette smoke has 7,000 chemicals, 69 of them cause cancer. Smoking causes 14 different kinds of cancer.
- Smoke harms every organ of your body and hurts your immune system.
- The nicotine in all commercial tobacco products is HIGHLY addictive.

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, strokes and cancer.

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

Secondhand smoke can hurt your pets!

There is no safe level of secondhand smoke

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.



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