

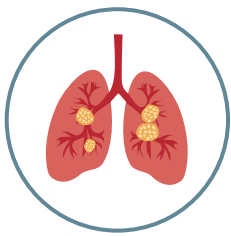
*Tobacco use is the single largest preventable cause of disease and death in the United States.*

## DID YOU KNOW?

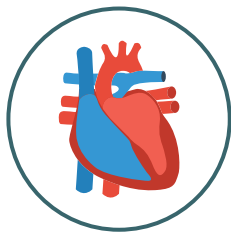
More than **8** out of **10** people who smoke regularly are addicted to nicotine.



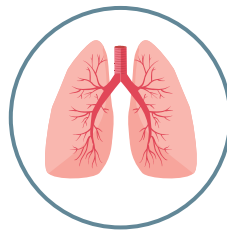
### Smoking cigarettes can lead to:



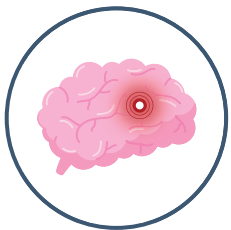
Lung Cancer



Heart Disease



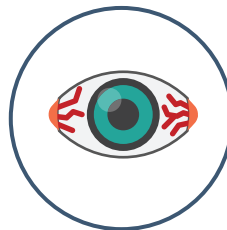
Lung Disease



Stroke



Type 2 Diabetes



Vision Loss

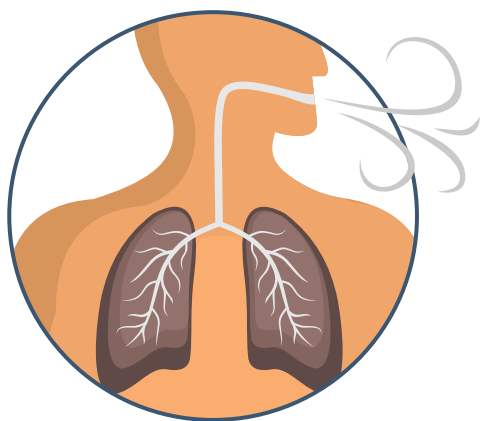
Quitting smoking immediately improves the health of your heart and cardiovascular system.



**QUIT SMOKING AND STAY SMOKE-FREE!**  
Every attempt is one step closer to quitting for good.

# WHAT ARE SECONDHAND AND THIRDHAND SMOKE?

*Secondhand smoke is the smoke from burning tobacco products and the smoke that is breathed out by a smoker. Thirdhand smoke is the toxic residue left on surfaces from tobacco smoke.*



## **FIRSTHAND SMOKE:**

The smoke inhaled by a person who smokes.



## **SECONDHAND SMOKE:**

The smoke from the burning end of tobacco products and the smoke breathed out by a person who smokes.

Regular exposure to secondhand smoke increases a nonsmoker's chances of having a stroke, heart attack, or lung cancer.



## **THIRDHAND SMOKE:**

The toxic residue left on surfaces from tobacco smoke.

Thirdhand smoke residues stick to surfaces like clothes, furniture, carpets, and car interiors and build up over time. They are a potential health hazard, especially for children when mouthing objects or crawling on floors.