

Cigars Cigarettes Joints Blunts Smokes
Butts Hookah
Marijuana **SMOKE** Tobacco

All smoke is harmful.



If you smoke, think about quitting.

Smoke is smoke.

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All Smoke is Harmful.

Just like tobacco, both cannabis and hookah produce smoke which can be harmful.

Limit Exposure

Limiting exposure to all sources of smoke is the best way to protect yourself and others from the harmful effects.

- ❖ Avoid places where you might be exposed to any kind of smoke.
- ❖ Make your home and car smoke-free.
- ❖ Protect others from your second-hand smoke, especially children, pregnant women, older adults, and people with health conditions.
- ❖ If you smoke, consider quitting.

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