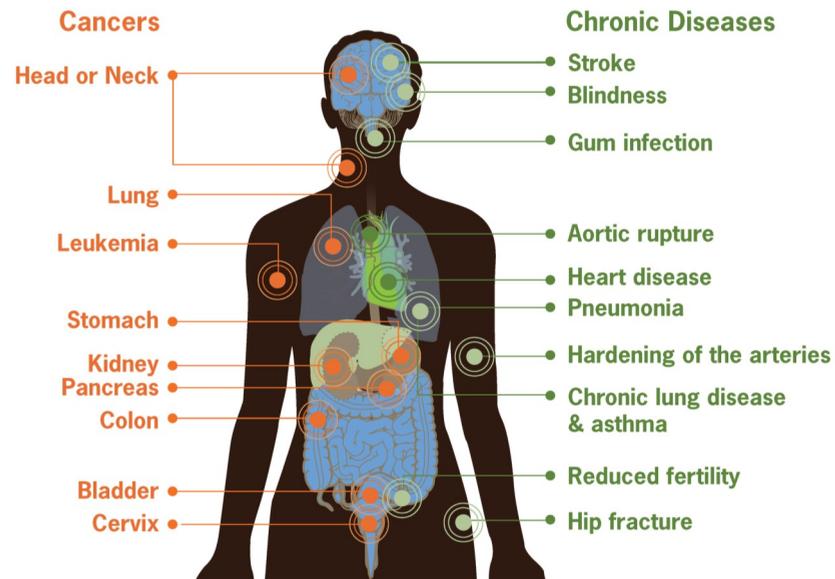
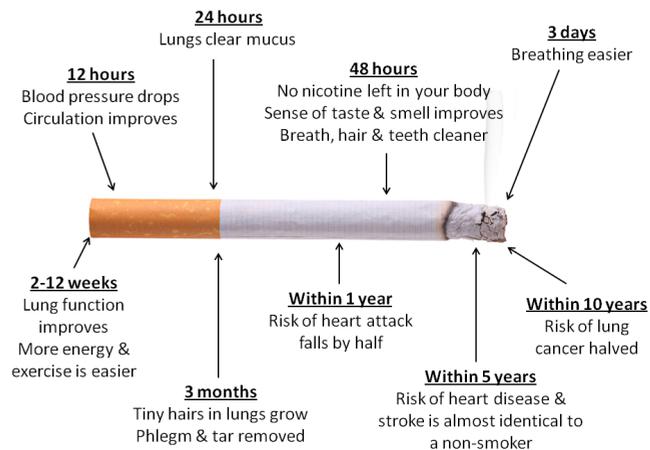


Smoking can damage every part of the body



Stopping is the best decision you can make



Thinking of starting...DON'T
For help to stop smoking, call the Quit Line:
011 720 3145

All tobacco products are harmful



**THANK YOU
FOR NOT
SMOKING**

Tobacco comes in all shapes and forms

Smoking can damage every part of the body

Stopping is the best decision you can make

No matter the type of tobacco product, they are all harmful. This World No Tobacco Day, say "NO" to tobacco of any form, and look after your health and your future.

Tobacco comes in all shapes and forms

Tobacco products contain nicotine and can be addictive. Besides cigarettes, other tobacco products are available, and people often mistakenly think these are safer alternatives. But there is no safe way of using tobacco – it is harmful if it is inhaled, sniffed, sucked, chewed or mixed with other things.

Cigarettes

Cigarettes are made from shredded tobacco and contain nicotine plus hundreds of added chemicals. When you smoke 1 cigarette, you put over 4000 dangerous chemicals into your body and expose those around you to these. The more one smokes, the more harmful it is to one's health. Illegal cigarettes, also known as "amavovo", are illegally made and sold, often using poor quality ingredients which can be particularly damaging to your health. These are often available from street vendors, under the counter in shops, or where traders sell cigarettes as singles.



Be on the lookout for illegal cigarettes

- No health warnings on the pack
- SA Diamond Stamp or security marks missing from the pack
- Tar reading higher than 12 mg and nicotine reading higher than 1.2 mg
- Pack has less than 20 cigarettes
- Unusual taste
- Cheap price – be suspicious if a pack of 20 cigarettes is sold for less than R16.50

Cigars

Cigars are made of air-cured and fermented tobacco in a tobacco wrapper. Cigars contain basically the same toxins and chemicals as cigarettes, including tar and nicotine, and so are also harmful to your health.



Pipe

Smoking a pipe involves smoking tobacco, so it is not a safe alternative and can be harmful to your health.



Hookah

A hookah is a water pipe, also known as a hubbly bubbly or an okka pipe. The tobacco smoke passes through the water and is then inhaled. One hookah can give you as much nicotine as 10 cigarettes. It contains 36 times more tar (which can cause cancer), and causes the same health problems as smoking cigarettes. When smoking hookah, you can inhale the same as 100 cigarettes or more during a single hookah session.



Snuff

Dry snuff is powdered tobacco that is inhaled through the nose or placed in the mouth between the cheek and gum. Moist snuff is ground tobacco. Using snuff can give you as much nicotine as smoking 20 cigarettes a day.

