



***Smoking is the best
way to bad health.***

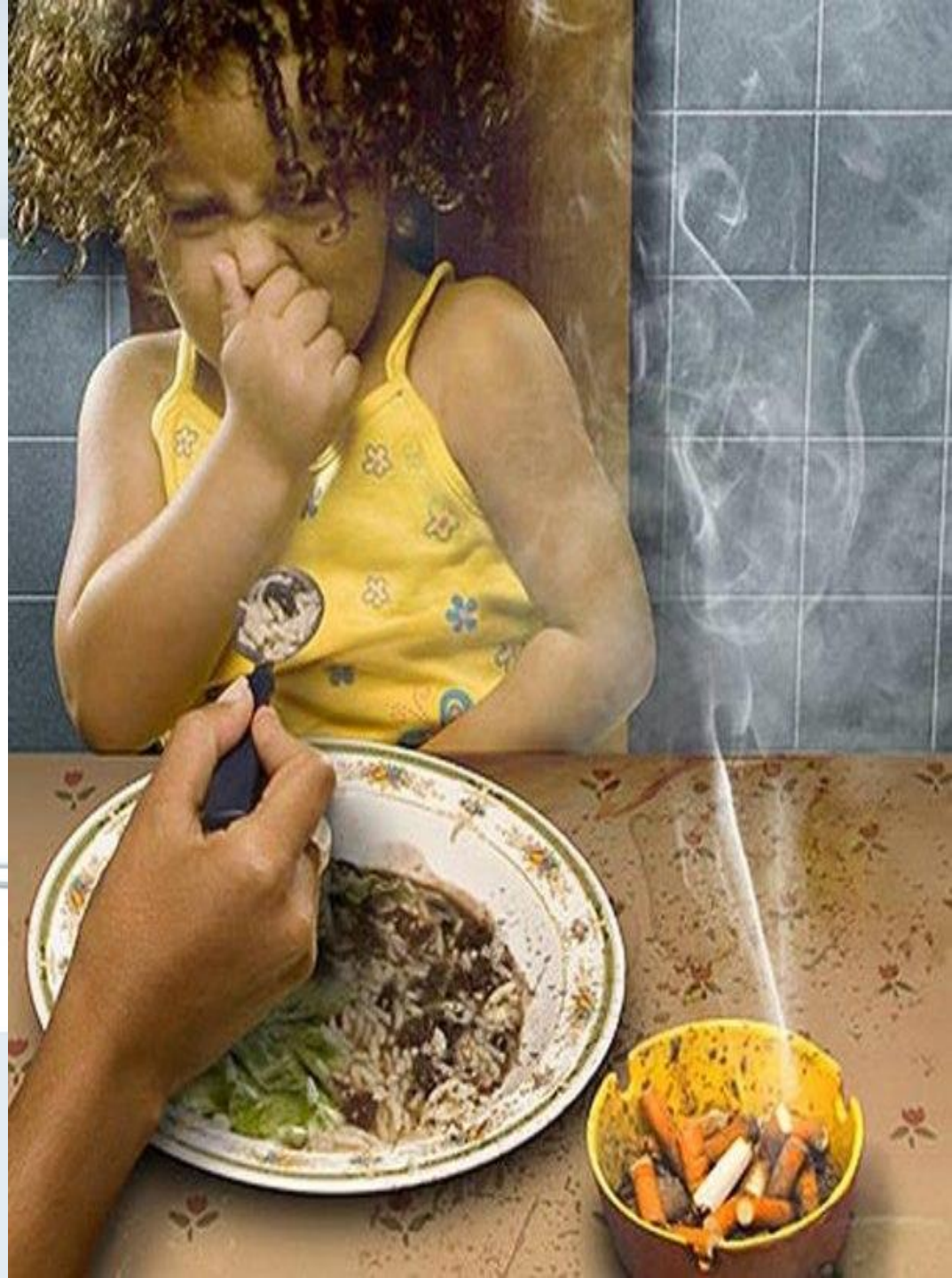
- **Some people think that there is not much sense in refraining from smoking, since the inhabitants of many cities and even villages breathe air contaminated with industrial and automobile wastes. They are very wrong. Vehicle exhaust gases are harmful in themselves, but a smoking driver is subjected to something far more dangerous.**



- **The harm of tobacco smoke on women should be especially emphasized. In particular, smoking may affect the course of pregnancy. Smoking women may bring into the world crippled or abnormal children.**



**Don't
swallow
other
people's
smoke.
Smoke free
ambient. Is
everyone's
right.**



- **Short-term effects of smoking include unfitness, wheezing, a general vulnerability to illness, bad breath, bad skin and so on**

*Do
you think
about the future?*



Most people killed by smoking were not heavy



WARNING
**WHERE
THERE'S SMOKE
THERE'S
HYDROGEN
CYANIDE**

Tobacco smoke contains hydrogen cyanide. It can cause headaches, dizziness, weakness, nausea, vertigo and stomach aches in smokers and non-smokers.

Health Canada



WARNING
**CIGARETTES HURT
BABIES**

Tobacco use during pregnancy reduces the growth of babies during pregnancy. These smaller babies may not catch up in growth after birth and the risks of infant illness, disability and death are increased.

Health Canada



WARNING
**CHILDREN SEE
CHILDREN DO**

Your children are twice as likely to smoke if you do. Half of all premature deaths among life-long smokers result from tobacco use.

Health Canada



WARNING
**TOBACCO SMOKE
HURTS BABIES**

Tobacco use during pregnancy increases the risk of preterm birth. Babies born preterm are at an increased risk of infant death, illness and disability.



WARNING
**CIGARETTES ARE
HIGHLY ADDICTIVE**

Studies have shown that tobacco can be harder to quit than heroin or cocaine.

Health Canada

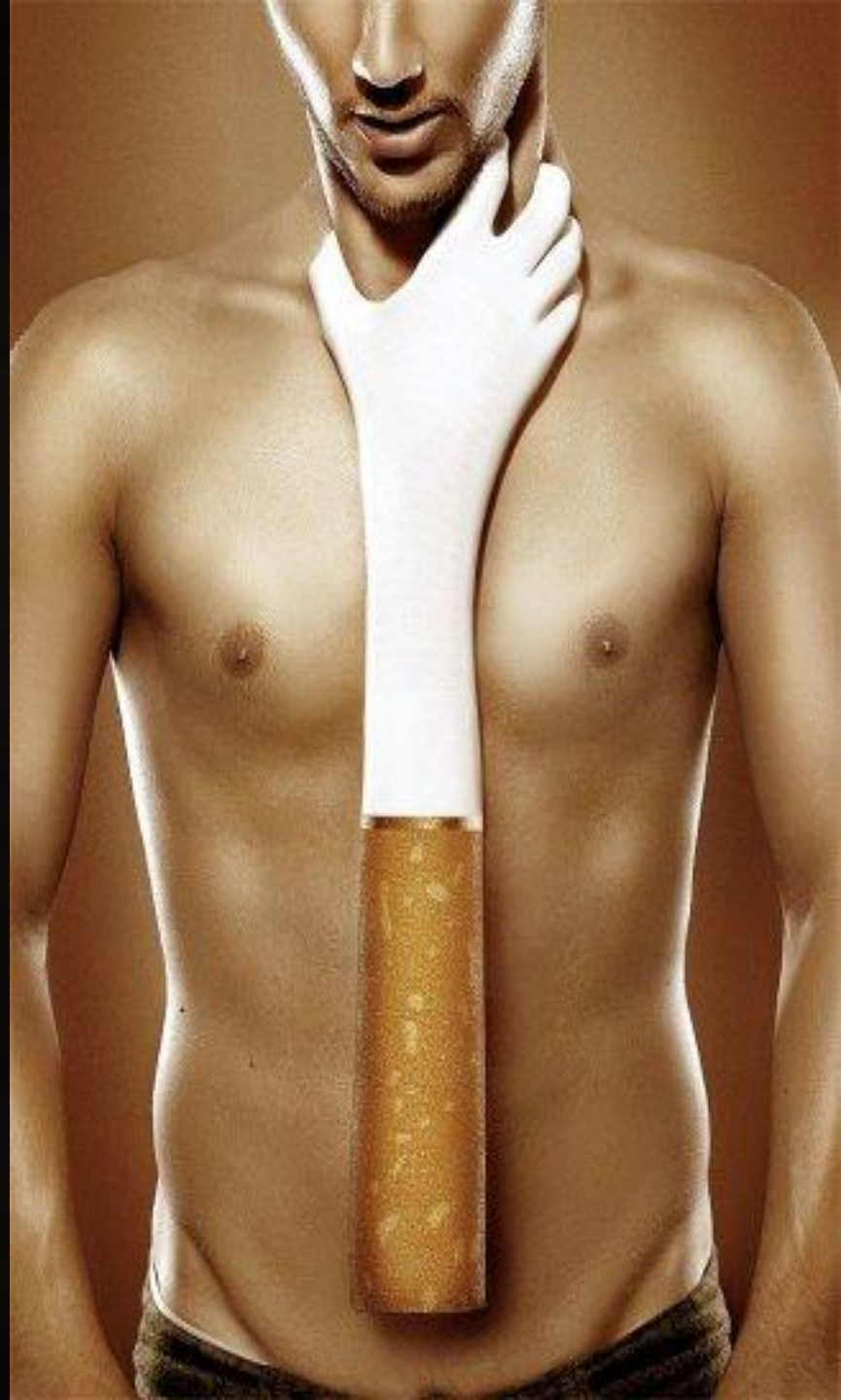


Don't do it. Don't think about it.
Don't Smoke.

Smoking to me
is Like suicide...
It is death in
anticipation.









SMOKING **MIGHT** KILLS



Smoking causes lung cancer. Eventually.
Based on Public Health Service

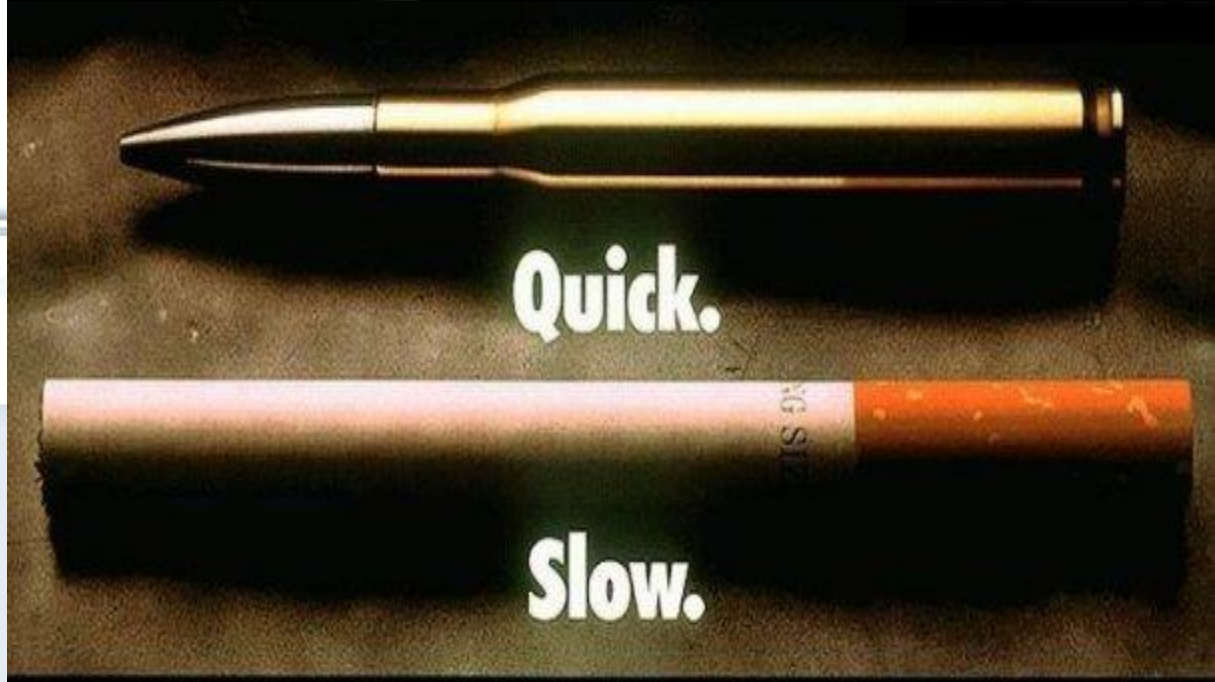
From
Economic
Review



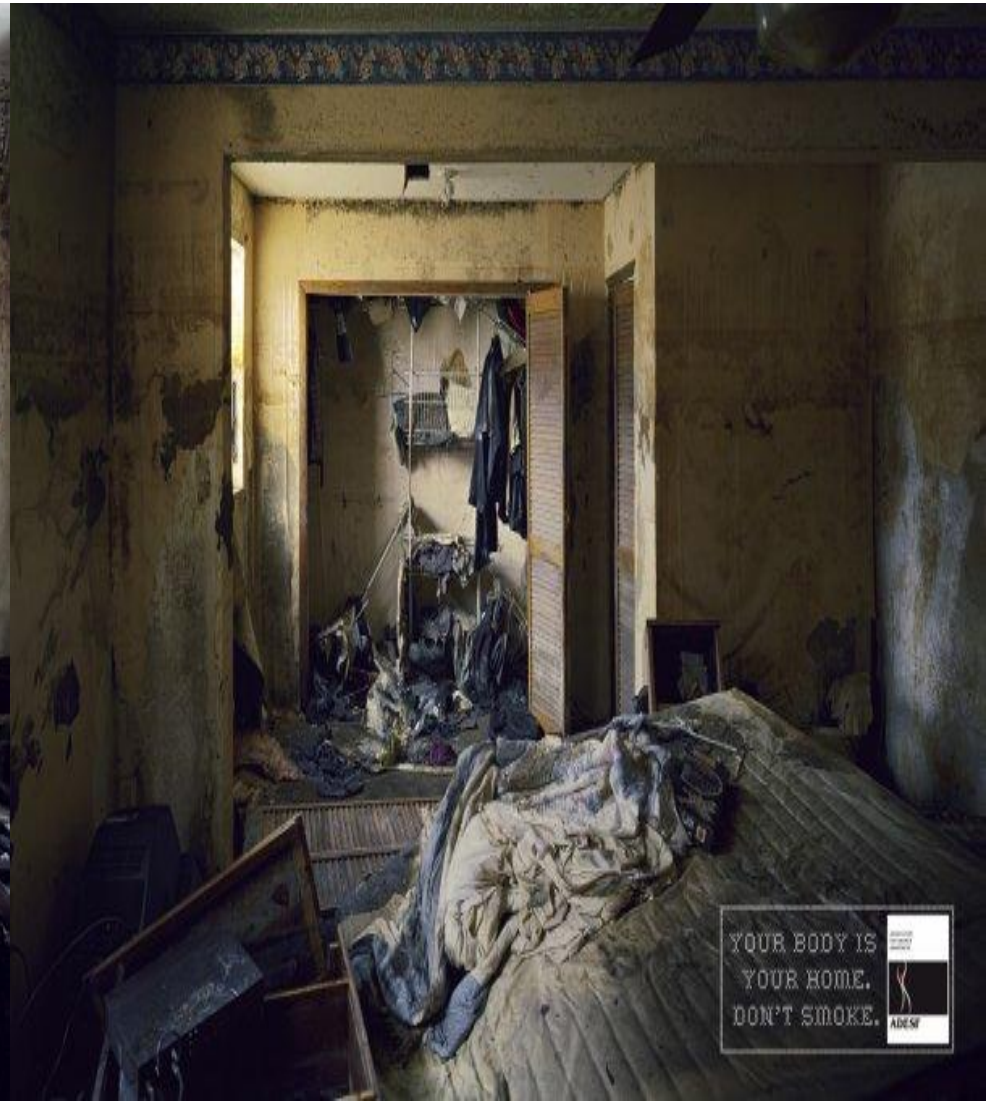
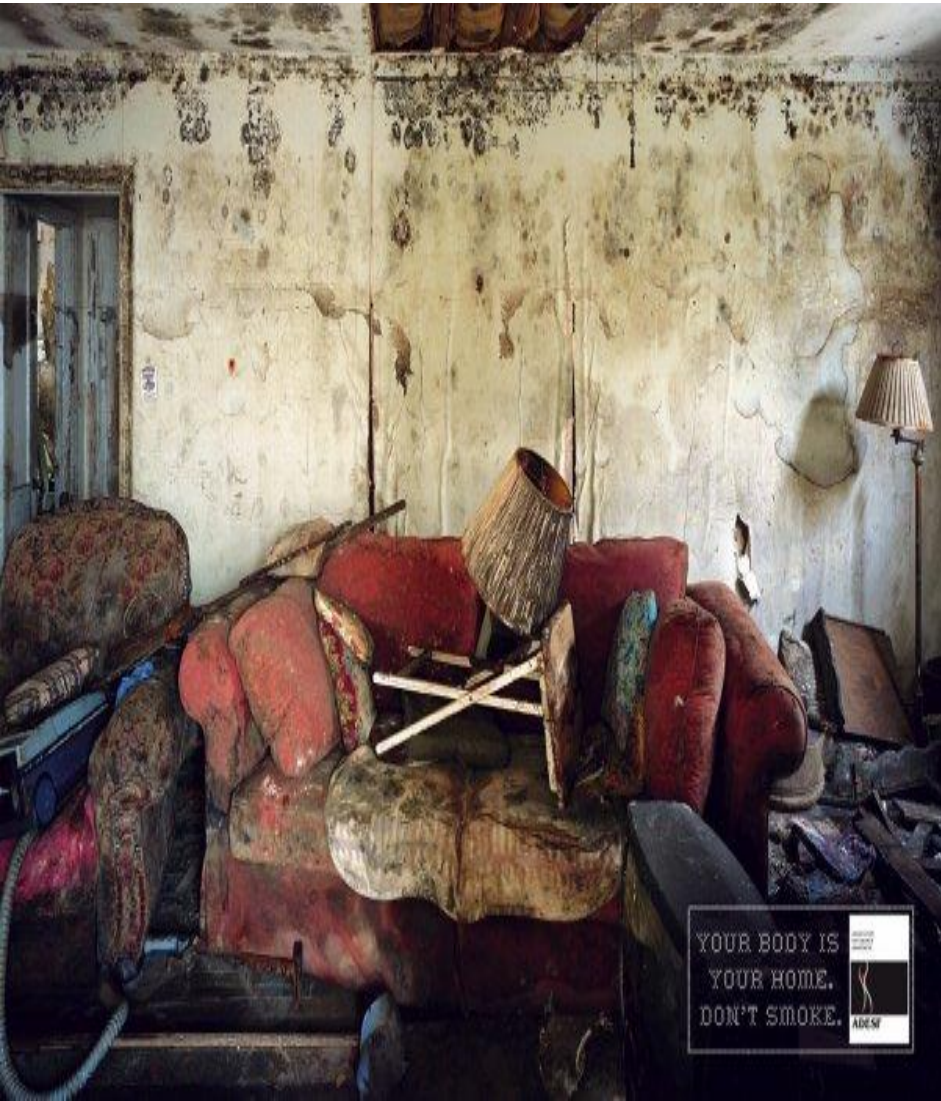
**Protect children: don't make
them breathe your smoke**



SMOKERS MAKE POOR SWIMMERS.



YOUR BODY IS YOUR HOME. DON'T SMOKE.





Passive smoking kills



No Smoking



SMOKEFREE

**Smoking
kills**

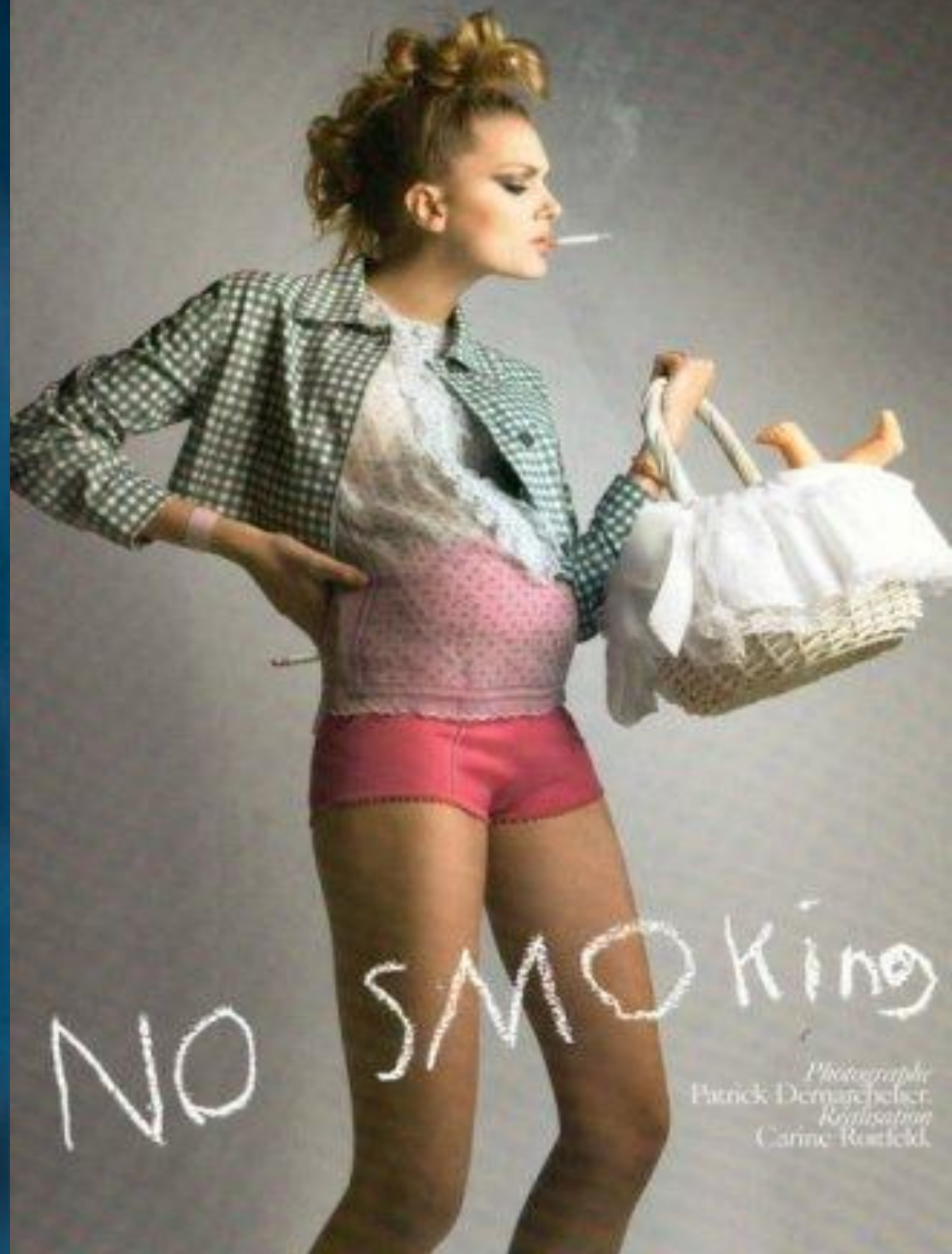
About 106,000 people in the UK die each year due to smoking



ITS YOUR DECISION
KILL YOURSELF OR KILL THE SMOKE



STOP SMOKE
CHANGE YOUR LIFE



NO SMOKING

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