Quit Smoking

Butt Out

Quitting Smoking means...

- Increased energy levels
- No more smoke fumes
- You’ll save your money
- Improvements to your social life and dating
- Teeth and nails will look better

Durham Health Connection Line
905-666-6241 or 1-800-841-2729 • durham.ca/tobacco
Information available in accessible formats.
Tobacco and the Environment
What it Does to Our Planet

- Cigarette papers consume about 350,000 tonnes of paper a year
- Cigarette butts take an average of 25 years to decompose
- Tobacco smoke causes air pollution

- 1 in 8 trees is cut down to provide land for growing tobacco
- Tobacco companies contribute to world hunger, by using land to grow tobacco instead of food

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Tobacco Advertising
Don't Be a Target

The Tobacco industry needs to:

- replace approximately **37,000** Canadians who die every year from tobacco use
- provides a powerful message to youth, that smoking is a normal and even desirable activity

- Children and youth exposed to on-screen tobacco use are more likely to start smoking
- Products are flavoured like fruit and candy to appeal to youth
- Packages are designed with bright colours to make them look less harmful

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Second-hand Smoke
Not around me... tell them why!

Second-hand Smoke

- It is the smoke that is blown into the air, and the smoke that enters the air from the burning end of tobacco products.
- There is no safe level of exposure to second hand smoke.
- There are over 7000 chemicals in second hand smoke, 69 of these are known to cause cancer.
- 300 non-smokers will die from lung cancer related to second hand smoke each year.
- 4000 more non-smokers will die from other illnesses related to second hand smoke.

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