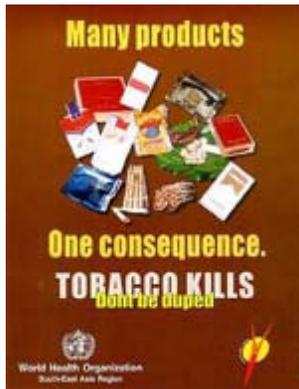


## Prevention and staying safe and healthy



### Do you know?

All types of tobacco products including:

- ❑ Cigarettes, Bidis, Kreteks, Cheroots, pipes, cigars, hookahs
- ❑ Gul, Khaini, Gutka, Jarda, betel quid with tobacco,
- ❑ Tobacco with paan
- ❑ Tobacco paste for gum and teeth

*are harmful and damaging*

### Smoking causes



- ❑ Cancers like lung cancer, oral cancer, kidney cancer and stomach cancer.
- ❑ Lung diseases like bronchitis, asthma, coughing and increased risk of TB.
- ❑ Heart diseases like ischaemic heart disease, stroke.
- ❑ Impotency and infertility in men and women
- ❑ Preterm delivery, Stillbirth, Low birth weight and Sudden infant death syndrome (SIDS).

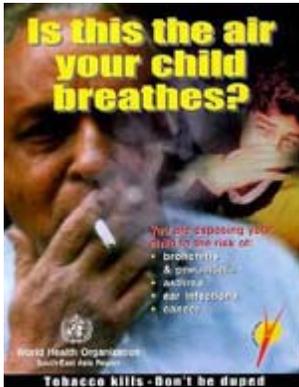
### What you can do?



- ❑ Avoid experimenting with tobacco
- ❑ If you are a tobacco user ask your nearby health worker or doctor about the way to quit tobacco use.
- ❑ Your determination for keeping healthy is enough for quitting the dangerous habit.

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### Exposure to Second- hand Smoke (SHS)



Smoke that comes from the burning end of a cigarette, beedi, cigar or hookah and the smoke exhaled by the smoker are as harmful as smoking itself.

- ⌘ Second-hand smoke contains more than 50 cancer-causing chemicals
- ⌘ It increases the risks of cancer and heart & chest diseases like bronchitis and pneumonia.
- ⌘ It hampers the growth of the baby in the mother's womb
- ⌘ It causes asthma and ear infection in children.
- ⌘ Children, pregnant women and older people are most vulnerable.

There is no level of safe exposure to second-hand smoke.

### What you can do to do?

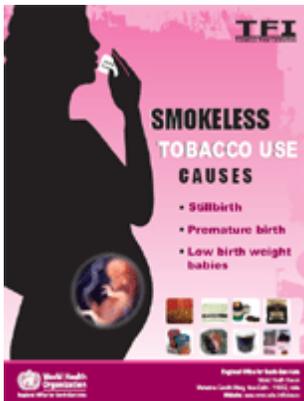


You can protect yourself and your loved ones by:

- ⌘ Making your home and car smoke-free.
- ⌘ Asking people not to smoke around you and your children.
- ⌘ Teaching children to stay away from smoke.
- ⌘ Remind the smokers about the provisions of smoke-free laws
- ⌘ Choosing restaurants and other businesses that are smoke-free.
- ⌘ If your spouse or partner smokes, have him or her refrain from smoking indoors.

When you absolutely must share a room with people who are smoking, sit as far away from them as possible and avoid sitting in the direction of drifting smoke.

### Chewing tobacco causes



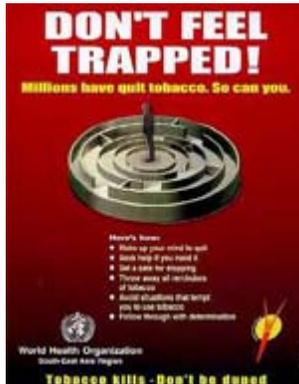
- ⌘ Oral and throat cancers
- ⌘ Increased risk of hypertension and cardiovascular diseases
- ⌘ Decomposing and decaying teeth
- ⌘ Increased risk of women to give still birth and low birth-weight babies
- ⌘ Bad breath
- ⌘ Bad habit of spitting every where

### Myths, NOT facts

- ⌘ Chewing tobacco is good for teeth;
- ⌘ Tobacco in dentifrice adds extra strength;
- ⌘ Tobacco chewing / application of gul relieves toothache;
- ⌘ Chewing tobacco keeps one awake and active;

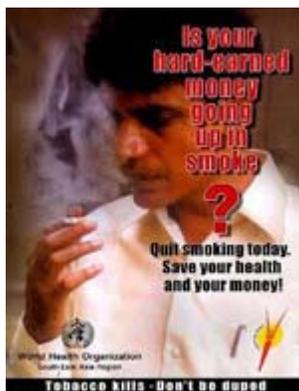
- ⚡ Tobacco water (hookah water) is antiseptic.

### What you can do?



- ⚡ Quit tobacco products and live a healthy and clean life.
- ⚡ Ask the nearby health worker, or your physician how to quit tobacco products

### Tobacco use exacerbates poverty



- ⚡ Tobacco use brings additional health care costs.
- ⚡ It causes income loss due to illness and premature deaths.
- ⚡ Expenditure on tobacco means less money for food, education and health care.
- ⚡ It thus increases malnutrition of the family.

### What you can do?

- ⚡ Give up of tobacco and stay away from the risk of tobacco related illness.
- ⚡ Use the money on food, nutrition and education for you family members.