

SMOKE **is** SMOKE

It is not safe to breathe any amount of smoke or vape from these:



Your lungs can't tell the difference.

These products have many of the same toxins that cause:



- ✗ Cancer
- ✗ Heart disease
- ✗ Lung damage
- ✗ Higher risk of stroke
- ✗ Infertility and impotence

Help protect our community from secondhand and thirdhand smoke!



- ✓ Fight for smoke-free apartments and homes
- ✓ Stand up for clean air—say NO to smoking lounges
- ✓ Fight for smoke-free parks and outdoor spaces for healthier families

START YOUR OWN QUIT JOURNEY AND GET THE SUPPORT YOU NEED

**Breathe Clean. Live Healthy.
Let's Protect Each Other.**





None of these are safe!

Cigars are not safer than cigarettes.

In fact, cigars cause health problems even if you only use them every now and then.

They are linked to:

- Cancer of the mouth, throat and lungs
- Heart disease and lung disease
- Gum disease and tooth loss



A single full-size cigar can have as much nicotine as a whole pack of cigarettes. Cigars are larger and contain more tobacco than cigarettes, so when fully smoked they can generate substantially more tar, nicotine, and carbon monoxide.



Blunts – Double the smoke

Blunts are cigars filled with marijuana. That means you inhale tobacco (nicotine) smoke and marijuana (THC) smoke when you smoke them.

Blunt users often:

- Smoke more
- Have stronger withdrawal symptoms
- Have a harder time quitting

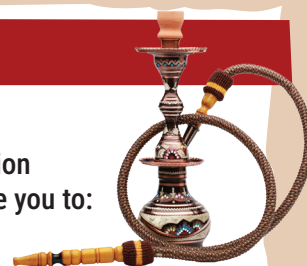


Hookah Smoke

Compared to smoking one cigarette, one hookah session (40-45 minutes) can expose you to:

- 2x the nicotine
- 10x the carbon monoxide
- 200x the smoke
- 69 toxins and chemicals that can cause cancer

Hookah smoke fills the room, and everyone breathes in the secondhand smoke.



Vape – Different Cloud. Same Concern.

Vaping doesn't produce smoke, but its aerosol is just as harmful. When someone vapes, they breathe in:

- Ultrafine particles
- Heavy metals
- Harmful chemicals



Smoking or vaping during pregnancy can increase health problems for developing babies. It can:

- Cause low birth weight
- Lead to early birth
- Harm the baby's growth
- Increase risk of SIDS (sudden infant death syndrome)



If you live in California, contact **Kick It California** to get free, confidential, personalized help to quit tobacco and nicotine.

Call **1-800-300-8086** | Visit **kickitca.org** • Text **Quit Smoking** or **Quit Vaping** to **66819**

Download the free **Kick It: Quit Smoking | Vaping app**

For National resources, text **QUITNOW** to **333888**, call **1-800-784-8669**, or download the free **quitSTART** app