

## TIPSTO STOP SMOKING



- Educate yourself about the danger of smoking.
- Announce your decision to stop smoking to everyone.
- Get rid of all cigarette related materials. Example: ashtray, lighters etc.
- Drink a lot of water; this will help detoxify the body.
- Consume more fruits and vegetable to lessen the addiction of nicotine.
- Lead an active life; sporting activities will help to improve blood circulation and increase one's agility. Exercise will also induce the body to normalise its temperature and a direct way of inculcating a good habit.
- Avoid places where smoking cigarettes are a social custom. Such places are like nightclubs, karaoke centres and pubs.
- Learn to decline cigarette offers. Try not to smoke at all, or else this will interrupt your effort to stop smoking and you may fall prey to cigarette again.

## YOUR CHILDREN WILL NOT BE HEALTHY



- Children are precious and they bring you joy and happiness.
- The thought of them will make you smile.
- Care for them. Love them.
- Give your children a wonderful starts in life.
- Ensure their health and their bright future.
- Stop poisoning them with cigarettes smoke.



**SECOND HAND SMOKE HARMS CHILDREN**

## SECOND HAND SMOKE HARMS CHILDREN



A passive smoker is one who is forced to inhale second hand smoke from others. The concentration of poisonous chemicals contained in second hand smoke is more compared to that inhaled directly by active smokers. Children exposed to second hand smoke have an increased risk of getting various health problems. They are prone to get cough, asthma, lungs and ear infections.

## GIVE YOUR CHILDREN HEALTHY LIFE



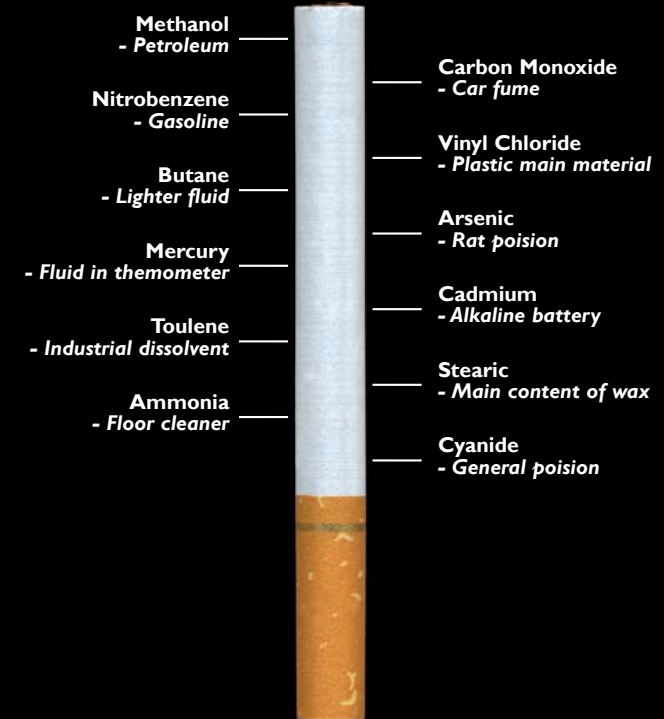
They may have to face uncountable days being sick due to second hand smoke. They will grow to believe that smoking is a normal habit. They may become slow learners and may eventually lead a miserable life. Don't do this to them.

**Quit smoking** – if not for yourself, do it for your kids.

## TOXIC MATERIALS IN TOBACCO SMOKE

There are thousands of poisonous chemicals found in tobacco smoke.

Below are only a few and where they are commonly found:



## QUIT SMOKING NOW!

- You are killing yourself and the people around you.
- Make a wise decision.
- Free yourself from nicotine addiction.
- Quit before it's too late.
- Save yourself and your loved ones too.
- Get medical help to assist you to quit smoking.