Say “No” To Smoking

Even with your very first cigarette, your heart beats faster and your breathing is faster and more difficult. Your blood pressure rises and you breathe in over 4,000 poisons.

Things Found in Cigarette Smoke:

- Acetone — main ingredient in nail polish remover
- Ammonia – used in household cleaners
- Carbon Monoxide – exhaust from a car
- Vinyl Chloride – same ingredient used in trash bags
- Benzene – found in gasoline
- Hydroquinone – used in paints and motor fuel
- Acetaldehyde – used in glue
- Cadmium – found in batteries

Change the subject: “Hey, let’s play basketball.”

Here’s my reason: “I’m on the swim team and need all the air I can get.”

I’m unique: “No, it’s just not my thing.”

I have a choice: “I choose not to smoke.”

Short and simple: “No thanks!”

Smoking causes heart disease and increases the risk of heart attack and stroke. Smoking causes many different types of cancer but you can choose to say “No.”