Did you know that there are more than 7,000 chemicals in tobacco smoke? Hundreds of them are bad for your health. Roughly 70 of them are believed to cause cancer.

Cigarette smoke contains some of the same chemicals that you can find in batteries, car exhaust, gasoline, household cleaners, and rat poison!

Smokers aren’t the only people who are hurt by cigarette smoke. Breathing in secondhand smoke from a lit cigarette means you breathe in those dangerous chemicals, too.

Electronic cigarettes may not seem harmful. But just like regular cigarettes, most e-cigarettes contain nicotine. This chemical is addictive and makes a person crave more of it.

Good news! Fewer teens and adults smoke today than at any time in the last 15 years.

Tobacco smoke can harm every organ in the body.

Chemicals from tobacco smoke can stick to surfaces days after someone smokes. This is called “thirdhand smoke.”

Gross!

Ouch!

WARNING: CONTAINS NICOTINE

Kids who are regularly exposed to secondhand smoke are more likely to have breathing problems and illnesses, such as bronchitis.