**STAY SMART ABOUT TOBACCO**

**Tough to Quit**
Nicotine in tobacco is especially addictive for young people. Roughly three out of four teens who smoke before 18 will smoke into adulthood.

**Organ Destroyer**
Tobacco smoke can harm nearly every organ in your body.

**Toxic Residue**
Chemicals from tobacco smoke can stick to surfaces days after someone smokes. This is sometimes called thirdhand smoke and can affect people and animals.

**Endangers Others**
People who breathe in secondhand smoke from a lit cigarette absorb the same toxic chemicals as smokers do.

**Dangerous Chemicals**
At least 7,000 different chemicals (such as those found in car batteries and household cleaners) are hidden in tobacco smoke. Hundreds of them are toxic to your body.

**Electronic Threat**
E-cigarettes contain the same addictive drug, nicotine, that real cigarettes do. Candy flavors appeal to kids and create the impression that these products are safe.

**Childhood Disease**
Kids who regularly breathe in secondhand smoke tend to have more ear infections and respiratory illnesses, such as bronchitis.

**Good News!**
Smoking rates continue to nose-dive for teens and adults.

**Death Risk**
About six million people die each year due to tobacco-related diseases.

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