

What's Burning?

Over 7,000 chemical compounds are created when you light up

Call
1-800-QUIT-NOW
for free support
to help you
quit smoking

There are about
600 ingredients
in cigarettes.

At least 69 are
known to cause
cancer and
many are toxic.



Over 490,000
people die

from smoking or
secondhand smoke
each year in the U.S.

Smoking is responsible for
9 in 10 lung cancer deaths
and **8 in 10 COPD deaths.**

Three Ways Cigarette Smoke Can Harm You

1

You smoke it.

2

Someone near
you smokes it
(secondhand
smoke).

3

You touch a surface where smoke has settled
(thirdhand smoke). Toxic chemicals from
cigarette smoke cling to carpets, furniture,
and walls for years. You can't see them.
You can't smell them. But they're still there.

No matter how you're exposed, the chemicals are the same. And none of them are safe.

njhealth.org
1.877.CALLNJH (1.877.225.5654)

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