Quick Smoking Facts

Smoking tobacco is just like:

* Inhaling car exhaust
* Eating rat poison
* Drinking window cleaner
* Drinking nail polish remover
* Having gas chamber poison
* Eating mothballs
* Eating matches
* Smoking lead
* Drinking alcohol
* Drinking embalming fluid

And,

* Drinking lighter fluid

All at the same time.

All of the chemicals that can get into your body by doing these things are put into cigarettes.

Don’t smoke? Even if you don’t smoke, if you are around people who smoke a lot, you will inhale the smoke from their cigarette, and you can still get sick this way. This is called second-hand smoke. Try to at least tell the person who smokes to smoke outside so that their second-hand smoke won’t make you sick, too. You shouldn’t have to suffer too!

If somebody tries to get you to smoke, DON’T DO IT. Smoking could ruin your life and your family’s life. Do you really want to risk it?