You know that smoking is harmful to your health.

Did You Know?

- Smoking one pack of cigarettes a day costs over $2,000 a year.
- Tobacco products contain nicotine, an addictive drug.
- Smoke and smoke filled areas are especially dangerous for pregnant women.
- Smoking is toxic to your lungs, your heart, and every cell in your body.
- Second-hand smoke (being in the same area as someone who is smoking) and third-hand smoke (being in an area or around someone that smells of smoke) are also hazardous to your health.

Tip of the Month
Try to quit smoking today. If you relapse, try, try again.

Call us at 1-866-783-2645 (toll free) for answers to your health questions and to find a health care provider in your area.

National Alliance for Hispanic Health - www.hispanichealth.org
Tips to stay tobacco-free and heart healthy

1. Encourage family and friends to stop using tobacco products.

2. Spend time in smoke-free places.

3. Call 1-866-783-2645 for information on how to stop using tobacco products or for a referral to a health care provider in your area.

To learn more about how to become or stay tobacco free and heart healthy, call the Su Familia Helpline at 1-866-783-2645.

The first 100 callers will receive a free jar opener!