



[Don't smoke during Ramadan and always](#)



Stay off tobacco during Ramadan and always



Stay safe and healthy during Ramadan



Smoking takes another life every 4 seconds



Smoking causes premature death



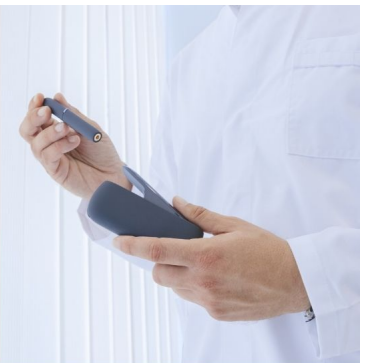
Smoking hurts you and others around you

**When you quit tobacco at any time and age...**



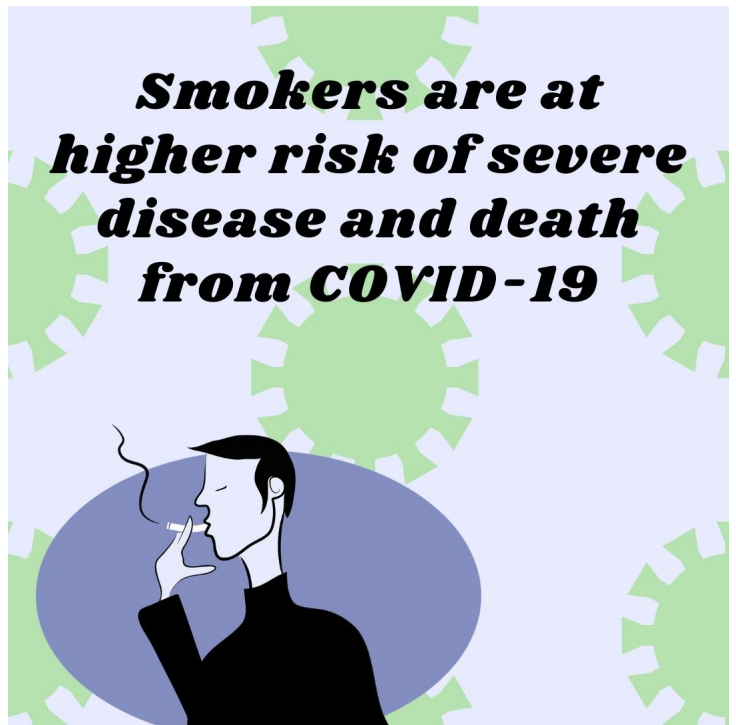
Health benefits of quitting tobacco

Heated tobacco products are tobacco products...



and they are dangerous to your health

Heated tobacco products are tobacco products



Smokers are at higher risk from COVID-19



[Vaping is not harmless](#)

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