



Use the month of

Use the month of blessings to purify your body and mind

[English](#) | [Arabic](#) | [French](#)



If you're spending
heated tobacco pro
harming your health

Choose to give to those who need it most vs. supporting a harmful industry

[English](#) | [Arabic](#) | [French](#)



Be mindful of the
vape product placement
shows and series.

Be mindful of tobacco and vape product placement in shows and series

[English](#) | [Arabic](#) | [French](#)



Take a step this Ramadan
harmful practices by
speaking out about

Take a step against the industry's harmful practices

[English](#) | [Arabic](#) | [French](#)



Protect your heart

Protect your heart and nervous system

[English](#) | [Arabic](#) | [French](#)



Protect your teeth and gums

[English](#) | [Arabic](#) | [French](#)



Smoking can harm
increasing anxiety and

Protect your mental health and reduce anxiety and tension

[English](#) | [Arabic](#) | [French](#)



Vapes and heated tobacco products are not a healthier alternative

Protect yourself by quitting without switching to vapes or heated tobacco products

[English](#) | [Arabic](#) | [French](#)



If you smoke, you can
your children's smoking

Quit to positively impact your children's smoking habits

[English](#) | [Arabic](#) | [French](#)



Protect your family

Protect your family and friends from the harms of secondhand smoke

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