

## **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



# **Health benefits of quitting tobacco**



#### Heated tobacco products are tobacco products



## **Smokers are at higher risk from COVID-19**



Vaping is not harmless
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