Every four seconds, tobacco takes another life.

Over 1 billion people worldwide use tobacco.

Over 8 million people die from tobacco use or exposure to second-hand smoke every year.

More than a year into the COVID-19 pandemic and smokers now know that they are more likely to get severe COVID-19 symptoms compared with non-smokers. As a result, this pandemic has triggered millions of tobacco users to want to quit.

Quitting can be challenging, especially with the added social and economic stress that have come as a result of the pandemic but there are a lot of reasons to quit.

Commit to quit today and sign the pledge.

Pledge to quit today

Quitter Diaries

The Quitter Diaries will follow 6 real tobacco users from across the globe via vlog style videos along the journey of their Quit Challenge. Document and share your "quitting" experience!

To enter, please send your videos to tfi@who.int no later than 10 June 2021.

Enter now Sunday 7th of July 2024 08:15:06 AM