



There are more than 100 reasons to quit tobacco, which causes 8 million deaths every year.

Smokers have a greater risk of developing a severe case and dying from COVID-19

Tobacco affects your looks almost immediately

Tobacco threatens the health of your friends and family, not just you

Smoking or using e-cigarettes around children compromises their health and safety

Tobacco use has negative social consequences

Tobacco use is expensive, you could be spending your money on more important things

Smoking reduces your fertility

All forms of tobacco are deadly

When you buy tobacco, you are financially supporting an industry that exploits farmers and children and pedals sickness and death

Heated tobacco products are harmful to health

E-cigarettes are harmful to health and not safe

Tobacco use, particularly smoking, takes your breath away

Tobacco breaks hearts

Tobacco causes over 20 types of cancer

Smokers are more likely to lose their vision and hearing

Tobacco harms almost every organ of the body

Tobacco and nicotine use harm your baby

Tobacco pollutes the environment

If that's not enough, here are more than 100 reasons!

[100 reasons to quit](#) Friday 19th of April 2024 10:22:02 PM