

**The Tobacco Industry
thinks you're weak.
We know you're strong.**



the hazard

TOBACCO IS THE ONLY LEGAL CONSUMER PRODUCT THAT WHEN USED EXACTLY AS DIRECTED

KILLS

CANCER
EMPHYSEMA
STROKE
HEART ATTACK
CHRONIC BRONCHITIS
OR CIGARETTE

MOVE YOURSELF TO QUIT

COLORADO **QuitLine** *Be tobacco free*

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ARE YOU SICK OF:

- COUGHING
- WHEEZING
- STINKING
- WASTING MONEY
- NOT BEING ABLE TO RUN
- HIDING THE HABIT FROM YOUR FAMILY

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SMOKING

You're not only hurting yourself; Cigarette smoke contains over 4,800 chemicals, 69 of which are known to cause

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**QUIT NOW!
SEE THE OTHER SIDE OF
THIS CARD FOR RESOURCES.**

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RESOURCE GUIDE

Sites exposing the truth:

thetruth.com tobaccofreekids.org
projectscum.org americanlegacy.org
getrealcolorado.com badvertising.org

Sites to help you quit:

coquitline.org trytostop.org
gottaquit.com gottaquit.com

1-800-784-8669 (quit now)

**Free phone counseling
to help you quit; from
colorado's quitline:**

**For more information
about resources in
your school or community
contact the Jefferson
County Department of
Health & Environment:**

**Youth Tobacco Prevention
phone: 303-275-7556**

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Tobacco Prevention Initiative.**

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