

4 THINGS YOU DIDN'T KNOW ABOUT NICOTINE AND TOBACCO

YOU
CAN **QUIT** 2

LEARN THE FACTS AND ACT NOW TO INCREASE READINESS.

1. Nicotine can impact your readiness in ways you might not know.

Did you know that nicotine can reduce your night vision? It also constricts your blood vessels, causing wounds to take longer to heal.

2. Hookah is a tobacco product.

Smoking hookah is just as bad for you as smoking cigarettes or cigarillos. An hour of smoking hookah is like smoking 100 cigarettes in one sitting.

3. Using e-cigarettes won't help you quit tobacco.

E-cigarettes are addictive tobacco products. They are not an approved way to quit tobacco. Talk to your healthcare provider to learn about proven quit methods such as counseling, quitlines and medication.

4. You can't use smokeless tobacco anywhere you want in the military.

In the Department of Defense, the rules are the same for cigarettes, e-cigarettes, JUUL, smokeless tobacco and any other tobacco product. You can only use tobacco products in DTUAs.

TO STAY MISSION READY, STAY AWAY FROM NICOTINE AND TOBACCO.

Find more information on quitting nicotine and tobacco for good by visiting ycq2.org.

Learn more at ycq2.org

Contact Us: dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil

