

# YES! THAT'S A TOBACCO PRODUCT

You may think using some of these products is harmless, but remember,  
**THERE IS NO SUCH THING AS A SAFE TOBACCO PRODUCT.**



**Cigarettes**  
(including menthols)



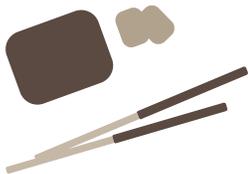
**Cigarillos, little cigars  
and cigars**



**Pipes**



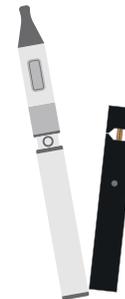
**Smokeless tobacco**  
(including chewing tobacco, snuff,  
chew, dip and snus)



**Dissolvables**  
(including lozenges, orbs,  
sticks and strips)



**Heated tobacco products**  
(including IQOS, TEEPS,  
PAX and Glo)



**All e-cigarettes**  
(including vape pens, JUUL, e-pipes,  
e-cigars, tank devices, mods and mod  
pods, rechargeable e-cigarettes and  
disposable e-cigarettes)



**Hookah and  
water pipes**

**OTHER TOBACCO PRODUCTS NOT PICTURED INCLUDE:**  
roll-your-own tobacco, bidis and kreteks, nicotine gels and future tobacco products

## REMINDER

## ONLY USE TOBACCO PRODUCTS IN DTUAs



**YOU CAN QUIT 2**

ycq2.org



Contact Us: [dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil](mailto:dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil)