



NO DIPS. NO BUTTS. MORE GLORY.



Tobacco Free Living for Wounded, Ill, and Injured Sailors and Marines

Tobacco fights dirty. It's a dangerous addiction that's expensive, deadly, and has a serious impact on healing and recovery. Those who smoke can experience longer hospital stays and risk post-surgical infections, scarring, and skin graft rejection, among other health problems. Not to mention the negative effects of secondhand smoke on your family and friends. To help you win the battle, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center offers you effective resources to end tobacco use and learn about the harmful effects of secondhand smoke.

To learn how our programs can help facilitate recovery and strengthen resilience, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX.

For more information on your local resources, contact:

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

