

# THINK ALTERNATIVE TOBACCO PRODUCTS ARE HARMLESS?



Have you switched from cigarettes to smokeless tobacco or electronic products like e-cigarettes? These alternative products are still harmful to your health. There is no safe level of use, because a tobacco product is a tobacco product. Use of these products can slow your recovery.

**QUIT TODAY.**

For more information on how you or someone you care about can become tobacco free, visit: [www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-tobacco.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-tobacco.aspx)



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