



NO DIPS. NO BUTTS. MORE GLORY.



Tobacco Free Living

Tobacco fights dirty. It's a dangerous addiction that's expensive, deadly, and has a serious impact on readiness. Sailors who smoke get sick more often, which translates into more lost workdays and hospitalizations than nonsmokers.¹ Equally as bad are the effects of secondhand smoke on your shipmates and friends. To help you win the battle to quit tobacco and stay tobacco free, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department offers you effective resources to end tobacco use and learn about the harmful effects of secondhand smoke and other types of tobacco products.

For more information on your local resources, contact:

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION.

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

