



# 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 there is no safe tobacco product.

**QUIT TODAY.**

For more information on how you or someone you care about can become tobacco free, <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx>



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