



Secondhand Smoke is Harmful to Everyone...

...including you, your loved ones, and your friends.

Many health issues are linked to secondhand smoke including increased respiratory infections and worsening asthma symptoms. If you smoke, think about quitting. If someone around you smokes, talk to them today.

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



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PREVENTION AND PROTECTION START HERE

