



5 GREAT REASONS TO LIVE TOBACCO FREE



When you quit using tobacco (whether cigarettes, cigars, smoking tobacco or e-cigs), you enjoy immediate health benefits:

1 STRONGER IMMUNE SYSTEM

After you quit, you'll get sick less often.

2 EASIER BREATHING

Your cough will eventually go away, and your lungs will begin to repair themselves.

3 REDUCED RISK OF DISEASE

You'll become less likely to suffer from:

- lung cancer
- COPD
(chronic obstructive pulmonary disease)
- emphysema
- heart disease
- stroke
- smoker's cough
- fatigue
- cataracts
- high blood pressure

4 BETTER SKIN AND NAILS

Your skin and nails will become less stained, and you will look younger in general.

5 LONGER LIFE

Quitting tobacco will help ensure you live a longer and healthier life.

START THE CONVERSATION!

Your health care provider can recommend resources to help you quit for good and live tobacco free.

For more information about the **FREE 4-week Live Tobacco Free program**, contact Tarrant County Public Health:



Tarrant County Public Health
Safeguarding Our Community's Health



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