

HOW CAN E-CIGARETTES HELP ME TO QUIT SMOKING?



ARE THEY SAFE?

- > E-cigarettes are not completely risk-free, but trapping 95% less harmful than smoking
- > While nicotine is the addictive substance in cigarettes, it is the other chemicals that are harmful
- > The harmful chemical in tobacco smoke, including those that cause cancer, are either

WHERE CAN I GET MORE INFORMATION?

Have a look at our webpage for more information
Wylc.worcestershire.gov.uk/stopsmoking



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