

ADDICTED TO TOBACCO

Tobacco can be very addictive and very difficult to stop once you start. Even if you are only occasionally using tobacco you may soon find you want another cigarette and another. After you puff a cigarette, nicotine reaches your brain within 7 to 10 seconds.⁷ That's fast! Once the nicotine reaches your brain it starts to make you feel good but this feeling doesn't last forever. The effects of nicotine stick around for 4 hours and then you will need to use tobacco again to get those same good feelings.

Once you are addicted, you will need to use tobacco through out the day and using will quickly become a part of your everyday life. Over time your body becomes use to having nicotine around and you will need to use more and more tobacco to get the same good feelings you got when you first started.⁸ Even if you are only using tobacco once and awhile right now, you can become addicted very quickly.

SECOND-HAND AND

THIRD HAND SMOKE

Smoking is not just harmful to the person smoking but it can hurt everyone around them too!

Second-Hand Smoke is the smoke released from the burning end of a cigarette, cigar, or cigarillo, and the smoke being blown into the air by the person smoking. Tobacco smoke contains over 4,000 chemicals and many of these chemicals cause diseases. Being around smoke will cause you to smell just like a person who smokes, and smoke can cause serious diseases such as lung cancer, heart disease and/or asthma.

Third-Hand Smoke is the smoke that hangs around even after someone is done smoking. Third-hand smoke clings to your hair, skin, carpet, furniture and toys. It builds up over time and exposes you to the harmful chemicals that are in tobacco products, such as lead and arsenic.