

## FACTS ABOUT SMOKING:

- A smoker lives 10 years less than a non-smoker;
- Smoking and tobacco use causes more than 5 million deaths per year worldwide;
- Cigarette smoke contains more than 4,000 chemicals, 70 of which are known to cause cancer;
- Every day more than 3200 children and teens under 18 smoke their first cigarette;

## SMOKING LAWS IN POLAND

- No smoking in public places like restaurants, cinemas, bus stops and public transport;
- No advertising
- No sponsoring
- No cigarette machines
- Every package has a written warning and a horrible picture showing the consequences of smoking

BE SMART,  
DON'T START!



# SMOKING CAUSES:

Heart attacks



strokes

bad breath, smoker's teeth

lung cancer

stomach illnesses

