

Understanding the Effects



Match the product with their outcomes:

- A. Heart Disease B. Tooth root decay C. Asthma
D. Not regulated by FDA E. Chemical Deposits on clothes
F. Heart Disease G Red Sores H. Nicotine stays in blood longest

Dip: ___:___:___:___

E-Cigarettes: ___

2nd and 3rd hand smoke: ___:___:___

True or False? Circle one answer

If you want to completely avoid 2nd and 3rd hand smoke at a casino, you should only spend time in the non-smoking sections. **True** or **False**

Three steps you should take when preparing for your quit date are:

Get a support group/person, collect all cigarettes/dip/e-cigarettes and put them in your kitchen trash, Pick a date that is meaningful or important to you. **True** or **False**

E-Cigarettes are only dangerous to your health if you use them longer than needed to quit.

True or **False**

Circle all the ways you can significantly reduce your contact with 2nd and 3rd hand smoke:

- Quit smoking
- Only visit friends house when they don't smoke
- Commute in a smoke free car by nonsmokers
- Eat and socialize in nonsmoking areas within restaurants
- Avoid all locations that allow smoking
- Only go to casinos with nonsmoking sections

Key: Dip: A:B:G:H E-Cig:D 2nd/3rdhand smoke: F:C:E **True/False:** 1)False 2)False 3) False **Circle:** Quit Smoking; Avoid all locations that allow smoking; Commute in a smoke free car by nonsmokers



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